Weekly



STAY HOME AND SAVE LIVES

FROM THE GRF PRESIDENT



Linda Stone

LWers rise to challenge in unprecedented times

by Linda Stone GRF President

Let me begin by saying how very proud I am of our community and the generosity of residents to help one another. I want to personally thank every resident of our Leisure World community for stepping up during this unprecedented challenge.

We are living in a time that is uncharted—none of us has experienced such a global phenomenon. But as true Americans, we have risen to the challenge. This is never more evident than in Leisure World.

Our community has "circled the wagons" and met the day-to-day actions required in these uncertain times to keep our families, friends and neighbors safe.

We are now heading into another week where our daily lives will again be temporarily altered. Please continue to do what's right as a community, for our community. Stay home. Social distance.

PRESIDENT, page 4

GRF ACCOUNTING

3 payment boxes were vandalized

On April 13, GRF staff found three white payment boxes had been broken into, and the contents of the boxes were taken. The locations of these boxes are at Clubhouse 1, Oakmont and El Dorado, and Merion and Thunderbird.

The last pickups for these locations were on Friday at 8:30 a.m. for Clubhouse 1 and at 10:30 a.m. for the other two locations.

If you dropped a payment in any of these three boxes after the last pickup time on Friday, Accounting strongly suggests you place a stop payment on your

VANDALS, page 2

GRF/MUTUAL

Financial statements are inserted in paper

The 2019 audited financial statements for the Golden Rain Foundation and for your respective LW Mutual are inserted in this week's edition of the LW Weekly.



—from the City of Seal Beach

The Seal Beach Meals on Wheels team is comprised of David Nett, community services coordinator (I-r); Kevin Ortiz, recreation coordinator; Anthony Nguyen, recreation coordinator; Kyle Jackson, recreation specialist; Saul Martinez, recreation coordinator; and Grant Tavasci, public works administrator. Not pictured but regularly supporting the Meals on Wheels program is Luis Quintero, recreation specialist.

Homebound LWers who cannot prepare meals can sign up for free program

On April 7, the Seal Beach Recreation Department Meals on Wheels team delivered about 100 free meals to Seal Beach senior citizens.

During the COVID-19 pandemic, the Seal Beach • Meals on Wheels program has become the lifeline to many seniors by being the sole source of free meals delivery in Seal Beach.

For homebound individuals 60-plus years of age who are unable to shop and/ or prepare meals for themselves, the City of Seal Beach delivers three meals directly to their home.

The delivery includes breakfast items, a cold lunch and a frozen dinner.

These meals, which provide 100 percent website at www.sealbeachca.gov.

of the U.S Nutritional Recommended Dietary Allowance, are available five days per week at no cost to the community.

"This program is a testament to the incredible commitment of our staff team which provide the highest level of essential and vital services to our community in need during a major crisis," said Seal Beach City Manager Jill Ingram.

For more information about this program, contact Seal Beach Recreation Manager Tim Kelsey at (562) 431-2527, ext. 1341, or *tkelsey@sealbeachca.gov*.

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

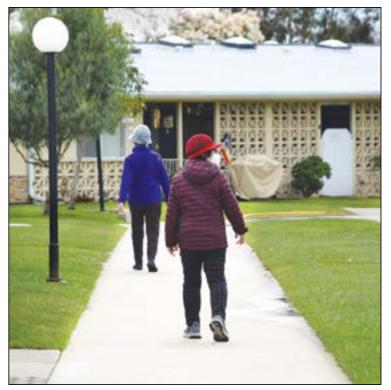
INSIDE

Page 3: *More Food News*—grocery stores have senior hours, and on-site food trucks are here every weekday.

Page 3: *It's An Order*— Seal Beach residents must wear face masks when conducting essential business in public.

Page 5: *Free Tests*—Medicare will cover lab tests to diagnose COVID-19.

Page 5: *The Check's in the Mail*— Economic Impact Payments are on the way; Social Security recipients will automatically get them.



Step up your health routine

Regular brisk walking can help people maintain a healthy weight, prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes; strengthen bones and muscles; and improve mood, and balance and coordination.

The Safe at Home order has suspended all club activity and closed LW amenities,

but people can still go walking.

To that end, the Recreation Department has a Leisure World Walking Trails brochure featuring seven measured trails throughout the community. Stop by the Downtown Café and pick one up or check out page 12 for trails reprints like the one at right. For more information, contact kathyt@lwsb.com.





David Wolfe

LW health care worker in her PPE gives a thumbs up.

With a Little Help From My Friends

Kindness of Neighbors

Lisa Dickson of Mutual 1 found a big plastic bag loaded with paper towels and toilet paper on her front porch a few days ago. It turned out it was from her next door neighbor Noemi Gonzalez. She texted Noemi to thank her, and Noemi then thanked Lisa for the goodies wrapped in colorful paper she left for Noemi. These reciprocal acts of kindness are especially meaningful as the COVID-19 pandemic crisis persists. "We are just next door, but we keep on texting each other to keep in touch because saying hello lifts my spirits and helps me to cope in these days of isolation," said Lisa.

Never Mix Bleach with Ammonia

Frances Vargas of Mutual 2 called the LW Weekly April 9 to report that people should never mix bleach with ammonia. The former RN was prompted to call after reading a story on page 3 of the Weekly. An editing error accidentally spliced together two sentences and omitted the word "NEVER." As Frances used to teach her Girl Scouts, mixing bleach and ammonia causes fumes that can irritate the eyes, skin and respiratory tract. Editor Ruth Osborn apologizes for making the mistake and thanks the scores of LWers who were quick to call in so she could rectify the error as soon as possible.

Sewing Brigade Update

Dean Jacobus, who is overseeing a grassroots effort in LW to make cloth masks for first responders (they use them to protect their M95 and surgical masks), reports that 2,200 masks have been shipped and 5,000 yards of elastic has been delivered for the next load. The group is awaiting the delivery of \$2,400 worth of cotton fabric. Masks are headed out to several hospitals and other front-line medical workers. **Special Delivery**

An angel recently left 45 bottles of water on Penny Squibb's Mutual 5 patio. Penny said she doesn't know who her angel is but she is very grateful for the water and for the unexpected kindness in the middle of this emergency.

Mask Makers Wanted

Diana Harrison of Mutual 5 wants to assemble a team of people to make masks for Leisure World residents who do not have access to them. She is looking for volunteers to cut elastic, sew masks and/ or assemble no-sew masks.

She also needs people to wash fabric as material must be washed before it is sewn into masks. She will supply the materials. If you can help, call (714) 497-6642 or email *dianaharrison714@gmail.com*.



VECTOR CONTROL

Rain ups mosquito breeding potential

With the recent rain, Orange County Vector Control District experts stress the need for residents to take an active role in mosquito control by checking their property for standing water. Even a bottle cap full of water can breed mosquitoes.

There is no evidence to date to suggest that COVID-19 can be transmitted by mosquitoes. The COVID-19 respiratory virus spreads mainly through droplets generated when an infected person coughs or sneezes. But mosquitoes do transmit West Nile Virus, which is spread by the bite of an infected bug.

Standing water should be emptied. Containers should be sealed tightly to prevent mosquito entry, and unnecessary containers should be removed from yards. It only takes 5-7 days for mosquitoes to go from egg to biting adult.

Residents should take the following precautions to help reduce the chances of breeding mosquitoes:

- Dump and drain any containers filled with water at least once a week.
- Clean and scrub bird baths and pet water bowls weekly
- Dump water from potted plant saucers.
- Do not transport or share plant clippings rooted in water.
- Drill a hole or puncture containers to eliminate standing water

In accordance with CDC and local public health recommendations, the Orange County Vector Control District is committed to helping slow the spread of CO-VID-19, by implementing social distancing measures and limiting contact with others.

Based on these recommendations, the OCMVCD District office is closed and all non-essential staff are working remotely.

Although District offices are closed, essential services such as mosquito surveillance, inspections and control of large, chronic mosquito breeding sources are being conducted.

The District has suspended all requests for service from the public.

In case of an emergency, contact a District representative at *ocvcd@ocvector.org*.

Staff will monitor this line during business hours.

If you do not have access to email, call (714) 876-3887. Staff will check the voicemail and will return calls.

COVID-19 SYMPTOMS vs. Flu, Cold & Allergies COVID-19 **ALLERGIES** FLU COLD COUGH BREATHLESSNESS HEADACHE FATIGUE SORE THROAT DIARRHEA **RUNNY NOSE** SNEEZING WATERY EYES Frequently <a>® Sometimes <a>C Little —from the CDC

COVID-19 Updates

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus was was first detected in China late last year. Updated information from the CDC and other authorities, in addition to the latest guidance and reminders of how residents can protect themselves, will be provided in this weekly column. What's known about COVID-19 is rapidly changing as scientists learn more.

What Is It?

The World Health Organization describes the novel coronavirus as a member of "a large family of viruses" that cause everything from the common cold to Severe Acute Respiratory Syndrome (SARS). COVID-19 is the disease caused by the coronavirus. State officials expect weeks more of social distancing policies and warn that lifting the strict rules too early could worsen the health crisis. There are no known cases of COVID-19 in Leisure World; Seal Beach has four reported cases as of presstime, according to the Orange County Health Care Agency.

Disease could become seasonal

The public should realize that coronavirus cases are likely to rise when stay-at-home orders are eased, officials said. It's unlikely the new coronavirus will be completely eradicated, and the disease could become seasonal, according to Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases. That would make it unlike a different coronavirus scare of the past, the virus that caused severe acute respiratory syndrome (SARS) in 2003, which killed 774 people worldwide and was fully contained within months.

California is taking action to fight virus

California is working around the clock to respond to COVID-19. Actions include:

- Directing Californians to stay at home to slow the spread of the virus
- Making testing free for most Californians who are medically eligible for testing
- Deploying the California National Guard to work at food banks
- Distributing millions of N95 masks and other protective gear to health care workers, with more to come soon
- Securing travel trailers and hotels to house people experiencing homelessness.

For more on the latest California state actions, visit *covid19.ca.gov*.

California Testing for COVID-19

Twenty-two public health labs in California are testing samples for COVID-19. These labs are located at the California Department of Public Health's Laboratory in Long Beach, Los Angeles, Orange, Riverside, San Bernardino and beyond.

If you are experiencing symptoms of COVID-19, call your health care provider before seeking medical care so that appropriate precautions can be taken.

VANDALS from page 1

check, reissue the check and monitor your bank account closely for possible fraudulent activity.

To prevent additional payment theft, all payment boxes have been removed and will no longer be available.

You may still deposit acceptable payments in the payment slot located on the outside of the Administration building at the Accounting department or mail your payment directly to the respective payment processing center.

Mutual assessment payments can be addressed to the name of your Mutual, PO Box 60017, City of Industry, CA 91716-0041.

Direct debit is the safest way to protect your banking information and ensures payments are received in a timely manner, according to the Accounting department.

To sign up for direct debit for your monthly assessment, complete an ACH Direct Debit Authorization form before April 25, then place the form in the payment slot located on the outside of the Administration building.

The form can be downloaded from the website www.lwsb.com, GRF tab, then documents. You may also call the Accounting department at (562) 431-6586, ext. 330. Contact your utility company to sign up for direct debit for those payments. Most utility companies do not charge for this service.

If you saw any suspicious activity that may related to this theft, contact the Security Office.

CITY OF SEAL BEACH ORDER

Masks are required for essential outings

The Centers for Disease Control is advising that individuals use simple cloth face coverings when in public in addition to maintaining social distancing and practicing good hygiene.

In order to help protect the vulnerable population in Seal Beach, all persons, including essential workers, shall wear face coverings such as fabric masks, scarves, bandannas, neck gaiters, or other fabric or layered paper face coverings when they leave home for essential activities. Specifically, the Order mandates that you must wear a mask when out in public conducting essential business, which is going to the store, the Post Office, doctor's office, etc., within Seal Beach.

Until further notice, when you are in public and interacting with essential workers, you will need to wear a mask.

What the Order does *not* do is restrict people from walking around the neighborhood without wearing a mask. If you are exercising and not conducting essential business or interacting with others, you do not have to wear a mask. The city recommends that people wear face coverings anytime they are in public but they are not required by law to do so.

Drivers traveling alone or with members of their households do not need to wear face coverings unless they must leave their vehicles or lower their vehicle windows to interact with first responders, medical personnel, service workers or other essential workers who are not members of their households.

Essential workers in grocery stores, drug stores and pharmacies, and restaurants where food is served for take-out shall also wear clean disposable gloves while working. Employers of essential workers who interact with the public have to provide gloves and face coverings for use at work.

This order took effect on April 11 until further notice.

Everyone must continue to maintain appropriate social distancing and comply with all stay at home orders of state, county and local authorities, even while wearing face coverings.

People are discouraged from using Personal Protective Equipment (PPE), such as N95 masks, which are being earmarked for frontline medical personnel.

Seal Beach City Manager Jill Ingram said: "We want everyone to comply with Gov. Newsom's stay at home order, and those who must go outside can help protect others by taking the necessary precautions."

Any violation of these or other orders shall be punishable as a violation of Seal Beach Municipal Code Section 3.25.030 and other applicable laws. The Seal Beach Police Department will continue to monitor public areas and essential businesses. To report violations of these orders, call (562) 799-4100, ext. 1.

As the City of Seal Beach has declared a State of Emergency, ORDER, page 13



Scores of residents waited in line to get their Sunday dinners from Lucille's Smokehouse Bar-B-Que. Security helped with social distancing and crowd control.

RECREATION DEPT.

Senior store hours, grab-and-go meals are options

Leisure World is dealing with a "new normal" under Stay at Home orders issued in the wake of the coronavirus emergency. The Golden Rain Foundation is working to help people obtain food in the most efficient ways possible during this challenging

Grocery Store Hours

- Gelson's Market is open from 7-8 a.m. exclusively for seniors 65-plus. One caregiver per shopper is permitted, proof of age is required. They are well stocked.
- Pavilions opens at 7 a.m. and asks that non-seniors stay home till 9 but is not enforcing it.
- Ralph's is open from 6-7 a.m. for seniors. Traffic is restricted to 50 people at a time.
- Sprouts is well-stocked with produce and has limited supplies of dairy and eggs. They are

restricting quantities of certain items, and bulk items are sold pre-packaged only now.

- Trader Joes is well stocked but limiting eggs and milk. Water available, paper goods are available intermittently. It is 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 from 10 a.m. -6:30 p.m. with senior hours from 9-10 a.m. Don't expect paper goods quite vet, though other items are well stocked.

On-Site Food Service

There is onsite grab-and-go food service available every evening at the Clubhouse 6 parking lot. In case of rain, lines will form inside Clubhouse 6:

 Koffel's Taco Tuesday truck, from 5-7 p.m. on Sunday, Tuesday and Friday. Check menus via LW Live alerts.

- Viking Specialty Hot Dog truck, 4-6 p.m., Mondays
- Gourmet Renee provides American cuisine from 4-7 p.m. on Wednesdays.
- Domino's Pizza, starts at 3:30 p.m., Thursdays and is now here on Saturdays from noon-2 p.m. It will deliver special orders to the parking lot if you call ahead, (562) 493-2212.
- Lucille's Smokehouse Bar-B-Que, 4-6 p.m. on Saturday, April 18 and April 25. Naples Rib Co. will take over on Saturdays in May.

All information is subject to change. On-call bus service is available starting at 4:30 p.m.; regular service before 4:30. Call (562) 431-6586, ext. 379

Information will be posted FOOD, page 20

FREE PRESCRIPTION DELIVERY!

LEISURE WORLD PHARMACY

1661 Golden Rain Road • Seal Beach, CA 90740 Phone: (562) 795-6202 Fax: (562) 596-2625

Monday-Friday: 9am-5pm

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Loratadine, 10 mg 10 tablets 24 hour. Indoor & Outdoor Allergies.

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Perspectives



Former LW resident Valencia Smith would love a pen pal.

PEN PALS WANTED

Brookdale Valley residents reach out

Residents at Brookdale Valley View, a senior living community in Garden Grove, would love to start up a pen pal program with Leisure World residents during this time of quarantine imposed by COVID-19.

The community is only 3.5 miles away, and many Brookdale residents once lived in Leisure World.



Phyllis Ingulsrud

With all social gatherings restricted, writing letters to nearby pals would help everyone feel connected and provide a purpose

If you would like to socialize at a safe distance by sending a card, note or picture to a Brookdale resident, contact Theresa Adams at (714) 318-5860 or tadams32@ brookdale.com, and she will provide the name and address of a

Creating a Family Safety Plan

Now more than ever it is important to create a Family/Safety Plan to address the needs for yourself and those you may be caring for.

The County of Orange is encouraging residents to create a family preparedness plan in the event they are impacted by COVID-19. Having a family preparedness plan is the mainstay of planning for emergencies such as earthquakes and fires, and equally important during a health pandemic.

Residents are encouraged to reach out to trusted family, friends or neighbors who may be able to assist should a caregiver be diagnosed with COVID-19 and require hospitalization and/or isolation.

Taking the following steps can help alleviate the stress of an unforeseen health emergency and ensure their loved ones are cared for.

- 1. Discuss with family, friends or neighbors who would be able to assist should the caregiver require hospitalization and/or isolation.
- 2. Create an alternate plan for caregiving, whether it's having an agency ready to step in and provide care or have planned with a care facility to receive your loved one in the event you (caregiver) needs
- 3. Prepare important documents authorizing medical treatment, copies of medical cards and other important documents the alternate caregiver may need, i.e. medical powers of attorney and financial

PLAN, page 13

PRESIDENT

from page 1

Check in on our neighbors. Continue to take the guidelines seriously even if it seems to drag on. Find new ways to lift your spirits. A new hobby, a craft project, a social distance walk, read the book that has sat on your shelf or simply cherish the time to relax a bit from our normal busy schedules. We will get through this, and we will persevere. We are an Extraordinary Community.

I want to add special thanks to the fabulous staff led by Executive Director Randy Ankeny. The GRF employees are the best! To a person they go above and beyond: they are dedicated; professional; hardworking; always helpful, amenable and cheerful.

On behalf of the GRF Board of Directors, I want to thank you, the residents, for your continued dedication to Leisure World and for your support for the wide-ranging changes we have had to make in response to the immediate challenges of the coronavirus (COVID-19) pandemic. Please do your best to keep yourselves and those around you safe and healthy as this continues to impact every facet of our lives and our community.

WATCH YOUR STEP

COVID-19 scams are cropping up all over county

-from the OC Council on Aging

The criminal element has seized the opportunity to cash in on people's fears in the COVID-19 outbreak, and new scams are springing up every day.

While the specifics of each scam may vary, the anatomy is the same. All the scams are built around some extraordinary offer, just for you, to allay your fears.

Most commonly, the COV-ID-19 scams include what appear to be legitimate offers: promises of a cure or access to limited testing or other medical resources, up-to-date tracking tools to keep you informed of COVID-19's progress, or special offers to defer payments on everything from taxes to utility bills. However, the goal is not to provide anything of value, but to take what is valuable to your: your money, confidence and self-worth.

Government agencies including the Federal Trade Commission (FTC) and Food and Drug Administration (FDA) are watching legitimate companies for signs of COVID-19 related fraud. They aren't able to watch over the many scammers trying to take advantage of people, many of whom are particularly vulnerable now. Consequently, watch out for illegitimate offers and fraud. Here are some tips to protect you from potential scams:

Red flags:

- Promise of a "quick" cure or "special" access to testing for COVID-19
- "Extraordinary" tools to track and keep COVID-19 away
- Access to "limited" resources if you respond quickly
- Personal Information must be provided to receive the "goods/ services" being offered

How scams occur:

- Scammers use email, texts and phone contact to reach potential victims because in person communication is discouraged to slow the spread of the Coronavirus (COVID-19).
- Offers via email and text usually include a link to click/activate to get your goods/services. If you click on the link, you will be redirected to a website that requires you enter your personal information to receive whatever is being offered. Clicking on the link may then allow harmful software to be loaded to your computer or tablet that steals your passwords, banking information or provides remote access to your computer.

Examples of current scams

- COVID-19 cures
- COVID-19 testing kit, made available only to a select group of individuals such as Medicare beneficiaries
- "Special" data about CO-VID-19, including local maps with real time tracking and information
- "Special" offers to extend deadlines or offer financial relief, just for "you"

Imposters:

• Offers may also be made

from representatives of seemingly legitimate companies, organizations and government agencies to provide the most up to date information on COVID-19. They ask you to either click on a link and/ or provide personal information to receive what's being offered. These organizations don't call or contact you for your personal information. Examples include:

- » World Health Organization (WHO) and other large organizations such as the Centers for Disease Control (CDC) are reporting that individuals pretending to be representatives of these organizations are contacting people by phone and email with offers of COVID-19 updates and requesting personal information to sign them up for this service.
- » Individuals claiming to be from the IRS are contacting people to advise them of tax filing extensions or office closures, then asking for personal information to "document" that an extension has been granted or to "confirm" banking information.
 - » People purporting to be

representatives from the Social Security Administration are contacting individuals to advise them that their accounts have been compromised and they need to "confirm" their personal information and/or banking information to ensure no delay in processing of their disability or retirement payments.

- » People are receiving calls and emails from scammers pretending to be utility providers such as Southern California Edison offering free service or deferred payments for a limited time and to a limited number of individuals, first come-first served. They are asking people to confirm their identity by personal information and a payment source.
- » Scammers claiming to be from legitimate charities such as the Red Cross are calling for money or to sign people up to donate blood, both of which require disclosure of personal information.

These are just a few of the known scams related to CO-

SCAM, page 20

Setting It Straight

An editing error in a story called "COVID-19: The Latest" on page 3 of the April 9 edition of the LW Weekly led to incorrect information on how to disinfect surfaces. The story should have read "Never mix household bleach with ammonia or any other cleanser." To make a bleach solution, mix five tablespoons (about 1/3 of a cup) of bleach per gallon of water or four teaspoons bleach per quart of water.

The correct answer for the April 9 Jumbles is: Jumbles: Shown, Flirt, Cozier, Policy

Answer: When it came to catching trout, the skilled angler was "PRO-FISH-IENT



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advertiser's work. GRF will not knowingly publish any advertisement it deems to be

untruthful or misleading. GRF reserves the right to refuse any ad for any reason.



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VOL. 44 NO. 16

Government

2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Flected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
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È	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
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JUNE		e den F		5	an bion Becars		(3)		Ba Coung Meang	C Til	es
7							election) ***	Day	Date	Time	
7	Mutu	als 2, 4,	6, 8, 10, 1	2, 14 & 16	Wed. 3/4	Fri. 4/3	election) *** Sun. 5/3	Day 1 st Tues.	Date 6/2	Time 10 a.m.	New directors will be installed at GRF Annual Meeting on 6/9
7		No. of		2, 14 & 16 No. of Directors Being Elected		Fri. 4/3 Can Appll tic Deac e'	·	1 st Tues.			
		No. of	Quorum	No. of Directors Being Elected	Wed. 3/4	Can Applitic Dead e'	Sun. 5/3 2t 3d 9for *** vVed. 2/6	1 st Tues. Dau June	Meeting Date	10 a.m. Meeting Time	GRF Annual Meeting on 6/9
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Medicare Covers COVID-19 Tests

from medicare.gov

According to the Centers for Disease Control and Prevention (CDC), older adults and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness. This means that most people with Medicare are at higher risk. Medicare can help in the fight against

Medicare will cover the lab tests for COVID-19, so recipients pay no out-of-pocket costs.

Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).

If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits. Check with your plan about your coverage and costs.

Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare number, hang up.

Telehealth & Related Services

Medicare has temporarily expanded its coverage of telehealth services to respond to the current public health emergency. These services expand the current telehealth-covered services, to help you have access from more places (including your home), with a wider range of communication tools (including smartphones), to interact with a range of providers (such as doctors, nurse practitioners, clinical psychologists, and licensed clinical social worker).

During this time, you will be able to receive a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings without a copayment if you have Original Medicare. This MEDICARE, page 20

CITY OF SB

Crime is down

The City of Seal Beach has released its annual crime statistics for the year 2019. Based on the FBI's Uniform Crime Report standards, serious crime is down by 12 percent.

Although not required by FBI standards, the Seal Beach Police Department includes in their analysis the crime of simple assaults. With the inclusion of this, overall crime is down 8 percent. Simple assaults involve no serious injury.

Notably, robberies are down 52 percent and stolen vehicles are down 29 percent.

"Public safety is of the ut-CRIME, page 14

GRF Board Executive Session 1:00 p.m., Friday, April 17, 2020 Via Conference Call

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

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

"Agenda is Subject to Change"

Economic impact payments are coming

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.

The IRS said that by Friday, April 17, it plans to launch a "Where's My Economic Impact Payment?" website and phone line. People will be able to check the status of their stimulus payments. If they are set to receive a check, but would prefer direct deposit, they can input account information.

Economic Impact Payments Timeline

- The IRS was to issue approximately 60 million stimulus payment direct deposits on April 15 or shortly thereafter based on 2019 and 2018 tax return information.
- As clients e-file additional 2019 returns, the IRS will update its files and issue payments to those clients on a weekly basis.
 - The IRS will begin issuing paper checks around early May.
- Approximately five million checks will be issued per week, beginning with the lowest Adjusted Gross Income and ending with the highest.
- The IRS estimates it could take up to 20 weeks to issue all checks. For more information, visit https://home.treasury.gov/news/pressreleases/sm967.

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 23

Mutual 1

Conference Call......9 a.m.

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.

CAP Food Distribution Today

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution to today, April 16.

CAP, page 14

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- (홍역, 볼거리, 풍진)
- Meningitis (수막염)
- Tdap (파상품,
- 디프테리아, 백일해) HPV – Human Papilloma
- (인간 유두종)



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<u>Religion</u>

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

Beit HaLev

Rabbi Galit Shirah has spent the past few weeks trying to navigate through 'techno-hell.' This week, we celebrate the last day of the Festival of Passover. Shabbat Shalom LIVE! the livestream arm of Beit HaLev, will broadcast from Facebook live on facebook.com/galityomtov. The Torah reading for Thursday, April 16, is from Deuteronomy 15:19-16-17; in addition to the Festival Hallel



Rabbi Galit Shirah

service, there will also be a Yizkor (Memorial) service.

Join Beit HaLev on Friday evening, April 17 for Kabbalat Shabbat on *facebook.com/galityomtov* at 6 p.m. and Shabbat morning (Saturday) at 10:30 a.m. The Torah portion "Sh'mini" (Eight) will be read; the sacrificial offerings begin on the 'eighth' day following the ordination of the high priests; the deaths of Aaron's two elder sons is related and "Aaron is silent."

Weekday Ma'ariv (evening) services are held Monday-Thursday at 4 p.m. for *SimShalom.com*. There is a different rabbi each day and Rabbi Galit Shirah's day is Thursday. A chat area where you can converse interactively with the rabbis and our global congregation is available for interaction.

Rabbi-Cantor Galit teaches leyning (chanting) of Torah and Haftarah, Prayerbook and Modern Hebrew lessons. Classes will start again soon. Anyone interested in lessons should contact Rabbi-Cantor Galit Shirah at (562) 715-0888 or email her at *duets@icloud.com*.

ASSEMBLY OF GOD

You'll be amazed by what God can do

by Pastor Sam Pawlak

Assembly of God

This coming Sunday, I will continue my 10 a.m. Facebook message, always one of encouragement and hope in these trying times.

Many things feel out of control and our routines are not running smoothly. When our lives are predictable, we feel more secure. These days of uncertainty make us realize that we are not in control, so rather than bemoan the fact that our comfort zone has been shaken, we should try to look to God and trust Him.

Isaiah 12:2 says, "Surely God is my salvation, I will trust Him and not be afraid, He is my strength and my song." A paraphrase of Proverbs 3:5 is "...trust God from the bottom of your heart; don't try to figure everything out on your own. Listen for God's voice in everything you do ... He's the one who will keep you on track." God is predictable, he is always with us and will protect us.

When you feel most vulnerable, sing a favorite chorus or hymn, fill your mind and heart with words of encouragement, often written years ago by someone who was experiencing the same loss of control and distance from one another. You'll be amazed at what the Lord can do.

Holy Family Catholic Church

Holy Family Parish is joining in prayer (Rosary, Chaplet of Divine Mercy, Hail Mary, etc) every day at 3 p.m. for the complete evaporation of the coronavirus from the face of the earth. Also, join Bishop Vann as he prays the Rosary live from Christ Cathedral each Tuesday at 4 p.m. You can watch the Rosary live at *Facebook.com/ChristCathedralCA*, *ChristCathedralMass.com* and on the Diocese of Orange Vimeo channel.

Missing LW Weekly?
call (562) 472-1284
between 9-10 a.m.
Thursdays to have one delivered.

FIRST CHRISTIAN

Rejoice Always

by Pastor Bruce Humes *First Christian Church*

In Paul's first letter to the Thessalonians we see one of the shortest verses in God's word. It comes in chapter 5, verse 16, and it reads, "Rejoice always." (NKJV) This may be a short verse, but it speaks volumes. The word rejoice gives us the idea of being cheerful, calmly happy, well off, glad or even joyful. "Always" means at all times, or evermore.

You might be thinking, Paul, are you telling me that even in difficult times and many different hardships I'm to be cheerful and glad?

I was thinking about this, and came to the conclusion that no matter how bad things seem to get, we always have something to be thankful for.

In our current situation, I am thankful for electricity. Think about it, hot showers, an oven for cooking, a refrigerator to keep the food fresh, even a microwave to quickly heat something up even though we can't go anywhere except to get back to the TV before the commercial is over. Running water, food to go into the refrigerator and stock the shelves, a warm bed, a roof over my head to keep the rain out are all things to be thankful for.

In verse 18 Paul writes, "in everything give thanks." Yes, we have a lot to be thankful for, however, the one thing that we as Christians, as born again believers should be thankful for is our Lord and savior Jesus Christ. No matter what we are going through, he is the one that we put our trust and our hopes in. He is the one we call on in prayer to lead a world and nation that has lost its way.

In verse 17, Paul says, "Pray without ceasing," so, that is what we do, we pray for God to intervene in the affairs of man to bring answers to the current pandemic that seems to be out of man's control. We pray for God to guide and give wisdom to those working to find a solution, we pray for God's will to be done in all these things

We just celebrated the resurrection of our savior, Jesus Christ, let's put all our trust and hope in him.

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

HCC 24-Hour Nurse 795-6216 **FAITH CHRISTIAN ASSEMBLY**

Jesus is God's saving gift to us

by Pastor Sheri Leming

Faiith Christian Assembly

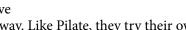
Have you washed your hands?

We've probably never heard the command to wash our hands

in our lives more than we have as of late. In an effort to keep the coronavirus from spreading, we have been instructed again and again to be sure to thoroughly wash them.

When your hands are dirty, of course the only course of action is to wash them. In Matthew 27: 24, Pontius Pilate thought that washing his hands would clear him of the guilt of handing Jesus over for crucifixion when the crowds demanded that he release Barabbas instead of Jesus.

And people are still searching, often in vain for a way to become clean...truly clean and to have



Pastor Sheri Leming

their sins-their guilt-washed away. Like Pilate, they try their own methods of washing their hands.

They try to clean themselves up with good works, but as hard as people may try to be perfect and earn their way to heaven, they quickly realize that this is never going to happen on their own. Our own humanity is impossible to deny.

So since none of us can do this, God came up with a much better plan. We can trust in Jesus in John 14:6, "Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." He was the only perfect person who ever lived, because he was God. He came so we could know what God is like. By trusting and establishing a relationship with him, you get in on his goodness.

1 John 1:9 tells us that "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness" (NIV)

A great old hymn asks a life changing question, "Have you been to Jesus for the cleansing power? Are you washed in the blood of the Lamb?" The hymn echoes Psalm 24:3-4, "Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart."

LW BAPTIST

The joy of fellowship with Jesus

by Pastor Rolland Coburn

Lw Baptist

The joy of fellowship with Jesus is the Christians' portion. Jesus gives them power for living. The apostle Paul confesses, "For me

to live is Christ, and to die is gain." Peter testifies how Jesus presented himself alive after his suffering, "not to all the people, but to us witnesses chosen before by God, who ate and drank with Him after He arose from the dead." John the apostle certifies, "What was from the beginning, what we have heard, what we have seen with our eyes, what we beheld and our hands handled, concerning the Word of Life—we proclaim to you also, so that you too may have fellowship with us ... with the Father, and with His Son Jesus Christ . . . to make our joy complete."

John documents their 40 days fellowship with the risen Christ. Jesus showed himself alive to the apostles and the other believers



Pastor Rolland Coburn

on resurrection night in the upper room: "See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have. And when he had said this, he showed them his hands and his feet. And while they still disbelieved for joy and were marveling, he said to them, 'Have you anything

Fellowship, page 7

Religion Directory

Editors note: The religion directory is to help LWers find out information about their church during the ongoing coronavirus situation. Pastors and church leaders can email laurieb@lwsb.com to submit contact updates or service livestream website addresses.

Redeemer Lutheran **Church**

13564 St. Andrews Dr.,

Sunday worship, 10:30

Bible Study, Wed., 10-11:30 a.m. 430-8619

St. Theodore Episcopal **Church**

Sunday Service 12:15 p.m. 2nd and 4th Wednesday 11:30 a.m 13564 St Andrews Dr

Leisure World Assembly of God

Clubhouse 3, Room 2 Bible class, 9:30 a.m. Sunday worship, 10:30 a.m. and 6 p.m. Bible study, Wed, 10 a.m. CH 3, Room 6

Congregation Sholom

Clubhouse 3 lobby Friday service, 7 p.m. Saturday service, 9:30 a.m.

Church of Jesus Christ of LDS

Family home Evenings, Clubhouse 3, Room 1 3rd Monday, 6 p.m., Sept.-June

First Christian Church

Sunday Bible study, 9 a.m.; Worship Service, 10:15, Chapel on Northwood Road behind Carport 125 Bible studies, 10 a.m., Tues. & Thur., 431-8810

Holy Family Catholic

13900 Church Place Mass Mon-Sat., 8:30 a.m. Saturday, 5 p.m. Sunday at 8 a.m., 10 a.m., noon, 430-8170

Buddha Circle

Fourth Saturday of the month, 9:30 a.m., Clubhouse 4, Section (562) 296-5588

LW Community Church

14000 Church Place Sunday worship, 9:50 a.m., (562) 431-2503

LW Baptist Church

Clubhouse 4, Sun., 9:45 a.m.; Bible class, 8:45 a.m, Art Rm. Wed. Bible study, 3 p.m., CH 3, Rm. 1 (2nd Wed in CH 4) Em Schoonhoven, 430-2920

Chinese Bible Study Fellow-<u>ship</u>

Bible Study, Christian Fellowship, Tuesday (except June, July, August) 1:30-3:30 p.m., Clubhouse 3, Rm. 5, (last Tues, Rm. 9), 430-2209

Seal Beach Sa-Rang Church

Clubhouse 3, Room 1 Sunday worship, 11 a.m. Wednesday worship, Bible study, 7 p.m., 493-5110

Korean Catholic Fellowship

3rd Saturdays, 5 p.m. Clubhouse 3, Room 4 (562) 431-8902

Seal Beach Cornerstone

Sunday worship (Korean), 9:45 a.m., Clubhouse 2 (562) 331-6104

Calvary Chapel Bible Study

First Christian Chapel on Northwood Road behind Carport 125 Thursdays, 6 p.m.

Phil O'Malley, 598-0270 **Salvation Army**

St. Andrews Clubhouse 4 Home League, Mon., 7 p.m.

Congregation Sholom

Cantor Marla Barugel will be streaming services marking the eighth and final day of Passover today at 9:30 a.m. The Yizkor memorial service will be recited. To view, visit the Congregation Sholom of Leisure World Facebook page.

Rabbi Karen Isenberg will be streaming Friday night services at 5:30 p.m on April 17 on Congregation Sholom's Facebook page. Join Rabbi Eric Dangott on Facebook for Saturday morning services at 9:30 a.m. on April 18.

The book club currently reading "The Weight of Ink" by Rachel Kadish. For more information about the club, call Ruth Herman at 430-3107.

FELLOWSHIP From page 6

here to eat?' They gave him a piece of broiled fish, and he took it and ate before them."

Jesus had previously warned, "Very truly I tell you, you will weep and mourn while the world rejoices. [But] I will see you again and you will rejoice, and no one will take away your joy."

Joyful fellowship with their living Lord is still something all Christians' experience. One writer observes, "Time has not faded the vividness of his [Jesus'] image. Poetry still sings his praise. He is still the Living comrade of countless lives."

Praise expresses the Christian's testimony, "Walking with Jesus, walking every day, all along the way." "Every day with Jesus is sweeter than the day before." "What a friend we have in Jesus."

Someday believers will all sit down to banquet at the Lamb's marriage supper. "I grant you," Jesus told the apostles, "that you may eat and drink at my table in my kingdom." He promised, "Many will come from east and west, and sit down at the table with Abraham, Isaac and Jacob in the kingdom of heaven."

What a day of rejoicing! And in the meantime "richer, fuller, deeper, Jesus' love is sweeter, sweeter as the years go by."

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

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Sunday

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



COMMUNITY CHURCH

Stream services on Facebook live or listen to recording through office phone

by Rev. Johan Dodge

Community Church

Are you missing worship?

Do you have Facebook on your smartphone?

Join the live-streamed Sunday worship on Facebook Live for the seven Sundays of Easter and Pentecost.

You can participate in worship with Community Church online through Facebook Live at www.facebook.com/pages/Leisure-World-Community-Church

If conditions change sooner and we can gather in person, all are welcome to come and join us in person. Of course, when that time comes, if you have a church community that you can go back to, we encourage you to go there.

If you don't have access to Facebook, you are always welcome to call (562) 431-2503 to listen to the message.

Blessings to you in this Easter Season and remember you are never alone.

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Health & Fitness

Temporary Meal Plan Changes

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

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

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

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

www.mealsonwheelsoc.org

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

Specifically, the Office on Aging has:

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

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

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

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

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

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

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

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

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

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

www.mowlb.org

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

—Cindy Tostado,

GRF member resources and assistance liaison

Chair Exercise

Want to practice at home so you will be fit and ready when we resume our regular class schedule? Just ask Cathleen Walters and she will deliver a copy of the music to you at your home. You need a CD player or be able to play music CDs on your computer or home stereo. Just call Cathleen at (562) 598-9149 or email cathleen33@gmail.com. All music is provided free of charge. Donations are welcome.

Get up! Get out! Get Walking!

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

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

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

– Kathy Thayer assistant recreation manager

Cancer Increases Risk for COVID-19 Complications

There are a number of reasons why people living with cancer have a more difficult time fighting off infections, and it all boils down to the disease's impact on the immune system.

Cancer itself can interfere with the body's normal immune response. Some cancers, for instance, change the way the immune system's blood cells work. Others can damage the body's tissues, making them more prone to infections.

Then there's cancer treatment. Common therapies, including chemotherapy and radiation, weaken the immune system by lowering the number of white blood cells in the body. This makes it more difficult to fight off any infection, including a coronavirus infection, explains Eric Winer, an oncologist and chief clinical strategy officer at Dana-Farber Cancer Institute in Boston.

If you received cancer treatment in the past (not counting a bone marrow transplant), your immune system is likely no longer compromised, Winer points out. The risk is highest for those who are currently receiving treatment and those who recently stopped.

-AARP

Plants as a Form of Nature Therapy

by Chris Walker

chrisw@lwsb.com

Nature therapy, also known as "forest bathing" can reduce blood pressure, lower stress, and even improve concentration and memory, among other benefits. You don't have to live near a wooded area to reap the benefits. Incorporating organic elements into your home will help you stay in constant contact with nature.

Below is a curated list of tips to help bring forest bathing into vour home.

- 1. Create an indoor space for growing plants. Consider incorporating a green wall or mounted planter to add some life to an office or family room. You can also add plants to cabinets or window ledges.
- 2. Incorporate plants that act as natural air purifiers.

Peace Lily, Golden Pothos, English Ivy, Chrysanthemum, Gerbera Daisy, Mother-In-Law's Tongue, Bamboo Palm, Azalea, Red-Edge Dracaena and the Spider Plant are some of the most recommended plants to help clean the air in your home.

3. Eat fresh herbs. Growing herbs in your home will add an element of green to your space, and fresh herbs are good for

If you don't have a green thumb, start with one of the easiest herbs to grow inside, such as mint or thyme.

Social Distancing and Isolation: Not a good fit for our seniors

Our world has changed drastically in a mere four weeks. We went from our typical daily routines to social distancing, quarantine and isolation in little time. For those who were already active and engaged, these folks have found ways to keep connections with others. Such as using telephones, video chatting, visiting from a 6-foot distance for instance. However, for those who are already struggling with isolation due to medical or mental health obstacles this can create even more of a challenge towards those fragile connections.

New terms and realities that we are coping with:

1. Social Distancing - also called "physical distancing", means keeping space between yourself and other people outside of your home. This refers to a public health intervention that seeks to avoid face to face contacts that would limit disease transmission. Social Distancing needs to be practiced by the entire population to be

To practice social or physical distancing:

- Stay at least six feet away from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings
- 2. Quarantine Keep someone who might have been exposed to COVID-19 away from others. Quarantine helps limit further spread of COVID-19.
- 3. Isolation Separate sick people from healthy people. People who are in isolation should stay home. In the home, anyone sick should separate themselves from others by staying in a specific "sick" bedroom or space and using a different bathroom when possible.

What can we do as a community to help those in need?

- 1. Reach out from a distance to let him/her know you are there. You can do this by telephoning or even leaving a note on the door with your telephone number.
- 2. Sharing relevant information with your neighbor. Keep it
 - 3. Picking up an extra meal for your neighbor.
- 4. If it's safe for you to shop or run errands for the person, offer to pick up something or have it delivered.
- 5. Encourage your isolated neighbors to create a safety plan. Remember that you are not alone, we are all in this together! Have questions? Contact GRF Member Resource Liaison, Cindy Tostado, LCSW (562)431-6586 ext. 317

—Cindy Tostado

GRF member resources and assistance liaison

OPTUMCARE @ THE HCC

Precaution, prevention are safeguards

by Carson J. Blomquist

OptumCare

Whether it's coronavirus, the flu, or measles, there has been a lot of news about diseases in the last few months. It can be pretty frightening, especially when there is so much incorrect information out there.

How can you keep yourself safe – and sane – when there is so much coverage? Start by minding your Ps and Qs:

Precaution: When there is news about an outbreak, find out what the basic precautions are. In most cases, it will be:

- Wash your hands. A good 20 seconds or more of handwashing with soap and water kills many of the germs we encounter. Wash your hands regularly.
- Stay home. Not feeling great? Call in sick and enjoy a day of t. Catch up on your favorite books or shows. If you have a bug, you won't spread it to others if you're home. And if you don't have a bug, well ... we all need a day to relax.
- Cover up. Feel a cough or sneeze coming on? Cover your mouth and nose with your elbow - not your hands. If you can move away from others before it hits, even better. Sneezes can send germs up to ten feet away.

Prevention: There may not always be a vaccine for a disease, but if there is, get it.

This is especially true for illnesses like influenza and bacterial pneumonia. These vaccines don't just help you. They can help your family and neighbors. If a disease can't infect you, you can't spread it to others.

Question: Are you really at risk?

The news does a great job of sharing important information, but sometimes it can be difficult to understand. Find out who is at risk from the virus. People who have been traveling? People in a certain work industry? If you don't match them, you're probably at very low risk. Things change, of course, but always ask if you really are at risk.

Whether it's the flu or something new, mind your P's and Q's when the news comes on. Learn the basics about this virus, then go on with your day. And if you find yourself getting overwhelmed, do yourself a favor and turn the television off.

Remember: this isn't going to last forever. But it requires all of us to make an effort. If you're feeling overwhelmed, consider calling a mental health support line. Optum's Emotional Support Line is available 24 hours a day, seven days a week at (866) 342-6892.



COVID-19

How to prevent your glasses from fogging up while wearing a mask

by Laurie Bullock

laurieb@lwsb.com

The state of California is now requiring everyone to wear something to cover their face while conducting essential errands or while working at an essential business (see page 3 for more details). While people are coming up with inventive ways to create and wear their own masks to help protect themselves and others, some are running into the problem of their glasses fogging up while their mask is on.

The main reason someone's glasses fog up while wearing a mask is because the mask isn't fitting on the nose as snug as it should be. Masks naturally direct hot, moist air directly upward and onto the cool glasses, which creates the layer of fog. Even when wiped away, it will continue to form as long as nothing is done.

Luckily, there are a few things that you can do to keep your glasses from fogging up while you have a mask on.

1. Fold the top part of your mask down.

If you have a mask without a wire, fold down the top fourth of your mask before wearing it. This will help create a small amount of space for the air to leave your mask without fogging up your glasses. The only issue with this method is that it shrinks the side of your mask. Remember that your mask should completely cover your nose and mouth, so only do this if you can still cover your nose and mouth without any problems

2. Washes your lenses with soapy water.

While not a permanent fix, one way you could prevent your glasses from fogging without making any alterations to your mask is to wash your glasses with soapy water, according to a 2011 study on surgeons with glasses.

Before wearing the mask, wash your glasses with soap and water (make sure to wash your hands before touching the glasses). Let air dry or gently dry them with a soft cloth or tissue. The soap will leave a clear film that should block condensation from forming for a few hours. You can repeat this trick throughout the day.

3. Put a folded tissue inside the top of your mask.

Fold a tissue into a rectangle and attach it to the inside of your mask so that it lies on the bridge of your nose. This will help absorb some of the condensation and prevent your glasses from fogging up.

Remember, the best way to stay safe and healthy is to wash hands for more than 20 seconds consistently. Using a mask will not be effective if you don't wash hands before and after meals, touching something, or touching your face. If you do wear a mask, make sure you wash and dispose of them properly and resist the urge to touch your face while it is on.

RV Club

Due to the continuing threat of the coronavirus, the Leisure World RV Club is suspending its club activities until September. It hopes that the restrictions will pass by then and it can resume activities with a picnic on the Clubhouse 1 green.

STAY AT HOME

Picked up projects during the pandemic

Have you picked up any projects that you had either put off starting or stopped because you were too busy? Whether its finally organizing your closet or creating a herb and vegtable garden, we want to see what you've been up to. Send a short article about your project, finished or currently in process, to laurieb@lwsb.com. Pictures must be in .jpeg format.

It's important to remember that there is no pressure to be productive during this time. How you use your time is up to you, and if you need to rest and wait until quarantine is over to start projects again, that is completely fine.

SBTV Listing

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/ schedule. Have Roku? Go to http://roku. streamsource.tv/add/sbtv. The playback schedule is available at SBTV3.org.

Thursday, April 16

Drone Club/Quilting Bees 4:20 pm LW's Rollin' Thunder 4:30 pm Harmonizing Humanity #40 Velvetones Concert 5 pm 6 pm 2019 Simbang Gabi Life and Times: 7 pm Virginia Haley 8 pm On Q-8bit Jazz Heroes Americana Awards 9 pm 10 pm **Bob Cole Conservancy** Friday, April 17 LW's Rollin' Thunder 4 pm

4:10 pm Velvetones Concert FALW Valentine's Day 5 pm 6 pm Mystery at the Theater 6:32 pm Sea Inside 7 pm Seal Beach City Limits

Richard Hastings Life and Times-Virginia Haley Cerritos Center-Golden Dragon Acrobats

10:37 pm Cerritos Center-The Four Tenors

Saturday, April 18

8 pm

4 pm Drone Club/Quilting Bees 4:20 pm LW's Rollin' Thunder

4:30 pm Harmonizing Humanity McGaugh Patriotic Show 5 pm 6 pm 2019 Simbang Gabi 7 pm Ocean Perspectives

10 pm Cerritos Center-Matt Mauser Sunday, April 19

LAUSD

SB City Council Meeting 4 pm replay 4-13 McGaugh 1st Grade Concert 5 pm

6:30 pm McGaugh Go West! 7:30 pm Life and Times-Virgnia Haley 8:30 pm Cerritos Center-

Riders in the Sky 10:15 pm Americana Awards

Monday, April 20 Harmonizing Humanity 4:30 pm LW Rolling Thunder 4:39 pm National Parks/Drone Club 5 pm **FALW Valentines**

7 pm Americana Awards 9 pm Cerritos Center-In the Mood

11:10 pm Vintage Vehicles Tuesday, April 21

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

Cerritos Center-

In the Mood 11:40 pm Sea Inside Wednesday, April 22

10 pm

Mystery at the Theater 4:32 pm 2019 Simbang Gabi 5:30 pm Vintage Vehicles Drone Club/National Parks 6:30 pm Aquarium of the Pacific On Q-8bit Jazz Heroes

Seal Beach City Limits-Richard Hastings Cerritos Center-

Golden Dragon Acrobatics 10:37 pm Cerritos Center-

The Four Tenors *All programming is subject to change.

> The LW Weekly 430-0534



PAWS, CLAWS AND BEAKS

Cat tail language: what your cat's tail says about their mood

Whether you know it or not, cat tails serve a greater purpose than simply looking cute and fluffy. Cats use their tails to communicate and to express their emotions. The only problem is that you won't know what they're saying if you don't know how to "speak cat." If you've always wondered what your cat's tail is trying to tell you, and you want to learn what different cat tail positions mean, here are a few helpful tips to help you master cat tail language.

Why Do Cats Move Their Tails?

Like all sentient beings, cats use both verbal and nonverbal communication to express their emotions and moods. One of the biggest nonverbal communication tools for cats is their tail. Russell Hartstein, certified dog and cat behaviorist and trainer and CEO (Canine Executive Officer) of Fun Paw Care in Los Angeles, notes that "Cat tails are incredibly expressive, and when taken in context to their immediate environment and the rest of their body language, reveal a lot about what is going on emotionally and internally with your cat."

According to Hartstein, aside from trying to communicate, cats also move their tails to stay balanced.

"Part of the reason why cats usually land on their feet after falling or jumping is due to the counterbalancing function of their tail, which helps stabilize quick moves and turns," he says.

What Do Different Cat Tail Signs Mean?

By looking at cat tail signs, we can deduce a lot about a cat's mood. Michael Rueb, operations manager for the National Cat Protection Society in Spring Valley, California, notes that "even though there are certain basics that pet parents can bet on when interpreting cat tail language, being mindful of the cat's whole body will give you the clearer picture about what emotions your cat is experiencing."

Cats, page 10



During the COVID-19 outbreak... THE SUPERWIRE TEAM IS HERE FOR YOU! 562-735-0366

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

CATS From page 9

Pet experts point out a few specific cat tail signs for pet parents to take note of:

Tail Wrapping

When your kitty wraps her tail around you or others, she is showing affection, relaxation and love. This usually means she is open to being petted and receiving human contact. However, there are other times when your feline may wrap her tail and but is not interested in interacting with others.

"Sometimes your kitty will wrap her tail when she is solo, asleep or sitting," Hartstein says. "Although typically relaxed in this position, this cat tail language may indicate your cat is not interested in interaction or wants to be left alone."

Hence, it is important that pet parents consider the environment and overall cat body language before making assumptions about their kitty's emotional state.

Loose Tail vs. Tucked Tail

A loose, horizontal tail implies a relaxed cat and neutral state of emotion, but as soon as the tail appears to be lower or tucked, this may paint a completely different picture, explains Hartstein. If your cat's tail is held low, this typically means that she is feeling fearful or nervous, "especially if her tail is tucked underneath her body," explains Rueb.

Both Hartstein and Rueb urge pet parents to be cautious of lowered cat tails, as these usually mean that the cat is in a state of fear, retreat, aggression or hostility.

Upright Tail

When a cat stands tall and holds her tail high, "it usually means she is confident and happy," explains Rueb. Walking with an upright tail is an indication that your cat is comfortable, sociable and looking to engage with others around her.

Hartstein adds that an upright cat tail position is a sign of an affable cat looking to connect or commune.

"If she gives you a little flick in the upright portion of the tail, consider it an invitation to share some love," he says.

Arched/Puffed Tail

If your cat is arching or puffing out her tail, steer clear of her path. Pet experts Hartstein and Rueb note that these cat tail signs indicate your cat is not happy, perhaps because she is feeling threatened, which may result in aggressive behavior.

"In some cases, when a cat becomes nervous, she will puff her tail out, theoretically to look bigger to the perceived threat," Rueb says.

If you notice this behavior in your feline, avoid triggering her. "A cat will attack if she feels she has no other choice to alleviate the fear or perceived danger in the present environment," warns Hartstein. Wagging Tail

We often associate a dog's wagging tail with happy emotions and excitement, but what does it mean in cat language?

"A lashing or wagging tail for cats never means happiness rather, it is a very clear warning sign that something is making the cat upset, stressed, nervous, and that she could become aggressive if whatever is bothering her does not stop," Hartstein says.

Rueb adds, "At The National Cat Protection Society, we often have to tell people that when they are petting a cat and their tail starts slapping the ground back and forth, that it may be time to stop, as the cat has probably had enough and may be feeling overstimulated."

Pet parents will usually be able to tell something is bothering their feline by paying attention to the other cat body language accompanying her wagging tail.

Get to Know Your Kitty's Personality

Building a good relationship with your feline friend can be tricky, as we are different species and have different preferences when it comes to socialization, contact and communication.

Rueb emphasizes that every kitty has a unique personality, so while "Many cats will find it ok to be picked up, petted, cuddled and even kissed, for some cats, it can cause confusion and annoyance."

Rueb recommends not petting your cat too much and letting her come to you first, so she feels comfortable with your presence and touch

Cat tail signs and other nonverbal signs are good indicators of how your feline is feeling. Rueb suggests always looking for these cues when interacting with your kitty.

"In my experience, too often people only stop petting when the cat becomes annoyed and swats at them," Rueb says. "In most cases, the cat was giving them a ton of other body signals indicating that she was getting annoyed, which they did not look for or did not notice."

If you need expert cat advice on how to build a strong relationship with your kitty, check out Jackson Galaxy's "Total Cat Mojo: Everything You Need to Know to Care for Your Favorite Feline Friend" or get some pointers from "97 Ways to Make a Cat Like You."

Hartstein encourages pet parents to meet their cat's needs and understand their behavior by learning about their feline's body language and becoming acquainted with cat tail language.

- from Chewy.com

Main Gate 594-4754



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

RECREATION

2020 Honor Banners are now available

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.



STAY AT HOME

How to protect your mental health while in self-isolation

Staying at home plays an important role in preventing the spread of infectious diseases. But this doesn't mean that coping with the disruption in your normal routine is easy. Taking care of your mental health is essential during these unprecedented times.

Spending time in quarantine can take a serious mental and emotional toll. The isolation imposed by quarantine frequently leaves people feeling that they have no control over the situation. It can make people feel cut off from the rest of the world and unable to perform their usual duties.

Your current mental health, how you deal with stress, your personality and how long you are in quarantine are all things that will factor into how you deal with self isolation. Luckily, there are a few things that you can do to help cope during this time in isolation.

Establish a routine- The disruption of your normal daily activities can be one of the most difficult aspects of quarantine. This can leave you feeling directionless as you try to figure out how to fill all the hours of the day. This is why it's important to try to create a daily schedule to help fill the time.

Talk to others-Reaching out to other people by ways of call, text, email or FaceTime, not only helps with boredom, but it is also critical for minimizing the sense of isolation. Talking to others who are going through the same thing can provide a sense of community and can help you through difficult times

Stay informed- It's natural to experience anxiety when you feel like you don't have access to the information that they need. On the other hand, it can be overwhelming to be constantly immersed in reports that focus on inaccurate or overly negative information. Focus on getting helpful information from trusted sources such as the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), state and local health departments.

Remember that strategies such as quarantining, social distancing, handwashing, and other safety precautions can all play an important role in preventing the spread of COVID-19.

Finding ways to protect your mental health when you are in quarantine is just as important as keeping your body healthy. Staying busy, keeping in contact with others by phone and social media, and maintaining a sense of structure are just a few key ways that you can mentally manage your quarantine.

JOURNALING CORNER

Seven more journal prompts to help you reflect during quarantine

We wrote about the benefits of journaling on page 11 of the April 2 issue of LW Weekly and included a week's worth of journal prompts to help you get started. Below are seven more journaling or reflecting prompts to use for this week.

- We are often too hard on ourselves. Most of us would never be as critical of someone we love as we are to ourselves. In an effort to be more gentle with ourselves, write a letter to yourself from someone else's point of view. If you're struggling to start, begin with "Dear [name], I wish that you could see what I see in you. Here are some of my favorite things about you.
- It's time to check in: how has the coronavirus changed the way you use the internet? Have you found yourself looking at every notification from your news apps? Are your weekly screen time reports significantly higher than normal? Has an increase in screen time made you feel more connected or more scared? What is something you can do to increase positivity while online?
- Most of California has been under social-distancing orders for almost a month now. What have you noticed about yourself and your community during this time? What has caught your attention the most?
- Think about a new beginning that was meaningful for you.
 Write it down and reflect on what it created space for, and how your life was changed.
- It's important to count our blessings in life in troubled times. Write about the things that are lifting your spirits during this time. It can be anything from Facetime calls with family members to creating meals from an old family cookbook.
- Write down five songs that transport you to a different time or significant moment in your life. Pick one and expand on that feeling. Write about how old you were, why this song had such an impact on you at that time.
- Write what you see: go to a window or sit outside on your porch and write about the view. It can be a detailed description about what is going on outside or you can start to daydream and make the scene into a work of fiction. Either way, record what you see, hear, smell and feel.

For daily journal prompts, check out the New York Time's writing prompts at www.nytimes.com/spotlight/learning-writing-prompts

Obituaries

Space is available for obituaries of residents and former residents.

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

Rosalie C. Lynch May 1921- March 2020

On March 25, 2020, Rosalie C. Lynch departed this life peaceful-

ly in her sleep at the age of 98. Rosalie will be remembered as a devoted wife, mother, grandmother and greatgrandmother. Rosalie was



born in East Weymouth, Massachusetts on May 14, 1921. She was the only daughter of Gaeton and Rita Pecoraro. Her five brothers Alphonso, Frank, Gaeton, Harold and John are all deceased.

Rosalie married Robert Lynch on Aug. 31, 1941. She has two daughters, Rita Farnsworth and Patricia Hamm, four grandchildren and eleven great-grandchildren including a set of triplets.

Rosalie was a member of many organizations: Children's Benefit League, P.E.O. and Leisure World Women's Club were all very much a part of her life. She enjoyed and excelled in fundraising for a worthy cause.

The funeral services were private due to the coronavirus restrictions. There will be a Memorial Mass to be held at Holy Family Church, Leisure World at a later date to celebrate the life of Rosalie.

Helen Irene Anderson Sept. 1914-March 2020

Helen Irene Anderson was born Sept. 20, 1914, in Winston, Minnesota, and died on March 19, 2020.

Helen was a homemaker and later became a home health care assistant. She lived in the Long Beach and Los Alamitos area before moving to Leisure World

She loved her music appreciation classes at BCC, world travel, and second hand stores. She died as she wanted-asleep in her own bed, surrounded by her "stuff"

She is survived by her son, Keith Anderson in San Anselmo, California and her daughter, Susan in Leisure World. She was predeceased by her first son, Lloyd Anderson JR and youngest son, Gordon Anderson.

There will be no services as of this time.

Keith V. Hall Jan. 1939 - Feb. 2020

Keith V. Hall passed away on Feb. 19, 2020. He was born in Edmonton, Alberta, Canada, on Jan. 14, 1939, to Pauline Peterson and named Keith McPherson. He was

adopted a year and a half later by his parents, Vriel and Fern Hall, and lived in Taber, and Lethbridge,



Alberta, until the family moved to Southern California in 1957.

Keith joined the U.S. Navy in 1958 and served until 1963. He returned to California after serving in the Navy. He worked for various SoCal corporations including Xerox, TRW, and eventually Hughes Aircraft mainly in Logistics. He supported the INF Treaty and lived on-site in Russia for a year, monitoring missiles manufactured by the Russians. He continued in that support, although not in Russia, until 2002, when he retired from Hughes/ Raytheon.

He was active as a Volunteer in Policing (VIP) for the Seal Beach Police Department. He also helped establish a horse therapy

group, Dream Catcher of Los Angeles, where he helped the owner of DCLA with horse care and therapy for disabled youngsters and veterans. He enjoyed beach volleyball, snow-skiing, golfing, and sports in general. But mostly he loved people.

He is survived by his wife, Patricia, and two sisters, Myrna Riley and Trudy Geminert.

Diane Relic Burnett May 1928-April 2020

Diane Relic Burnett was a longtime member of the Leisure

World Theater Club, a co-founder of the Slavic Club, member of the Sunday Night Formal Dance Club, the Ad



Hoc Singing Club and a member and usher at Holy Family Catholic Church.

Diane was born to Tom and Mary Relic in Chicago, Illinois, in 1928. She leaves behind her husband of 67 years, Chuck Burnett, and four children, Mary LaSala of Tucson, Arizona; Mike Burnett of Houston, Texas; Jane Clancy of Thousand Oaks, California; and Amy McLuhan of Parker, Colorado. She was also blessed with 11 grandchildren and eight great-grandchildren. She leaves behind several wonderful friends in Leisure World: Anne and Bill Frambach, Melinda Nicolet, Marge Archibald, Anita Ragole, and Joe and Orie Osuna.

Diane retired from the Prudential Insurance Company where she worked as an assistant underwriter. She was a Girl Scout leader and volunteer "grandmother" to newborns at her local hospital. She enjoyed singing and entertaining, whenever and wherever Chuck told her to go. They were retired for 27 years and took every advantage to visit America's National Parks and other natural wonders.

Diane had two brothers, Tom and Peter. Tommy was killed invading Anzio. Peter survived the Normandy Invasion and fought to end WWII.

Diane enjoyed a long, adventurous life filled with family and friends. After a short illness that was not COVID-19-related, she died peacefully on April 4. Due to restrictions on gatherings, her mass and memorial will be

delayed until further notice. She will be missed.

George Henson Westmoreland Feb. 1923-March 2020

George Henson Westmoreland, born on Feb. 20, 1923, and welcomed into heaven on March 24, 2020, at the age of 97.

George was the eleventh of 12 children born to William Samuel and Lenora Westmoreland on a farm near Prescott, Arkansas, and

bered at age six picking 20 pounds of cotton in a single day. All 12 siblings married, and all marked



50 year wedding anniversaries.

George is survived by his wife, Millie, son William Everett (Mary), granddaughter Andrea (Jiles) who is currently residing near London England, and his grandson, Michael.

Known by many nieces and nephews as Uncle George, he was preceded in death by parents William Samuel and Lenore Westmoreland, siblings Harold, Pauline, Lynton, Estelle, Sherril, Keron, Samuel, Halcyone, Mary, Annie Laurie, Gayle, son Michael and grandson Danny.

During the Depression, George's father, learning the value of his cotton crop had dropped to .05 cents per pound, followed other family members in moving to Houston, Texas. There, they rented a house on Shepherd Dr. (\$25 a month) for the next 38 years and raised the family. Or, as Uncle George would say "the kids raised each other." The family joined First Church of The Nazarene in Houston, where his father was a board member for many years.

In Houston, George attended school and helped his father in his private enterprise (the produce truck), enlisting in the Air Force on Thanksgiving Day 1942. He spent the duration of World War Two at Ellington Field, near Houston, and could take the bus home for supper, which he often did.

He was released early from the Air Force in 1945 in order to enroll in the fall semester at Southern Methodist University (SMU) on the G.I. Bill, where, according to one sister, he achieved near genius levels in his studies and graduated in 1948. Later that year while visiting family near Pasadena, California, he met the love of his life, Ruthie Sanner. They were introduced by his college roommate, Roland Hanson, and later that year he and Ruthie introduced Roland to his future wife, Dottie.

George and Ruthie were married in 1949 and had homes in Lakewood, Anaheim and Rossmoor. Together they taught Sunday School at the Nazarene Church in Long Beach. They adopted two sons, Michael and William (Bill).

11

In 1949, two of George's older brothers opened a business in Long Beach, making headliners (overhead upholstery for cars). Based on George's business degree, he was asked if he would stay in California to run the business. He accepted and managed the company for the next 40 years.

George and Ruthie retired to Leisure World in the 1990's. Ruthie was diagnosed with Alzheimer's and passed away in 2006 after 58 years of marriage.

In 2008, leaving the church parking lot of Seal Beach Community Church, where George served as Visitation Pastor, he met up with a family acquaintance, Millie Hubbard, herself recently widowed. Having "30 seconds to ponder the situation," he caught Millie before she drove off and asked if she would care to have dinner sometime. They're still talking about that baked potato they shared at Wendy's today. They were married New Year's Eve 2008. Their home in Leisure World was characterized with love, understanding and laughter. In the afternoons they would read to each other from joke books and sometimes get to laughing so hard they would almost need to call for assistance.

George was known by all for his humbleness and humility, and had friends everywhere.

Uncle George understood Ephesians 2:8, that, "by grace are you saved through faith; and that not of yourselves: it is the gift of God, not of works, lest anyone should boast."

George has been interred next to his beloved wife, Ruthie, at Forest Lawn, Cypress.

Services are pending. —paid obituary

In Memoriam

Cindy Fox 63 Desiree Di Foggio 28 John Finn 93 Joann Gibson 87 Miriam Griffin 96 Norma Newman 101 Charles Yoshida 84 Carolyn Hollis 61 Joann Tutson 76 Julia Alexander 81 Lanny Thomas 67 Eugene Postert III 73 Laura Donnelly 96 Wilhelmina Fitzpatrick 95 Kendra Colley 52 Gregory Cook III 24 Garry Bowie 59 Families assisted by McKenzie Mortuary, 961-9301 —paid obituary

The LW Weekly 430-0534

The OBITUARIES deadline is 4 p.m., Monday, prior to the Thursday publication. Email Obituary Notices to laurieb@lwsb.com with photos attached as jpg files.

April 16, 2020 | www.lwsb.com LW Weekly

Arts & Leisure



Lynn Baidack (center, top) recently enjoyed a wonderful virtual family dinner, connecting with relatives from California to New York. They shared how they were keeping busy and exchanged ideas how to stay emotionally and physically healthy. "Seeing each other reinforced our family connection," said Lynn, who plans to meet her family again soon.

DIGITAL DINING

Family dinners don't have to stop

by Lynn Baidack LW contributor

Occasions with our whole family disappeared in mere moments with the outbreak COVID-19. The Baidack Clan missed its family dinners with the dining room table full of family and food. We all, each in our own way, remember these nights and hold them close. The sense of separation is discomforting and even with social media it still feels distant and artificial. For our family, texting and emailing during this difficult time, felt lonely and left us wanting more.

We decided to share a meal, whether cooking or eating. There were no rules—just be there. The table set, my meal was on the table, wine ready to be poured and I stared at the blank computer screen, waiting. One-by-one family members faces appeared on the computer screen and just like that, in real time, we were virtually together, though physically we were thousands miles apart. Everyone began chattering and laughing all at the same time across many miles. We took turns sharing menus and holding up our pots and plates while sipping wine.

Our conversations gradually expanded into everybody's latest adventures.

The use of technology has opened the path to bring our family together at the dinner table for a meal. These meals and moments will nurture and sustain us through the isolation brought by the COVID pandemic until we can physically be together again.

Each Monday evening at 5, the Baidack Family will remain rooted and filled with gratitude as we share our evening meal.

Tips to Help Stay Connected

1. Learn the new technology

FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and lots more. All sorts of online options exist to talk with family and friends. And you don't have to be tech-savvy. Doing the basics is easy, and for most people, fun. If setting up an account is daunting, ask a neighbor, niece or nephew for help and a quick tutorial.

2. Stay active in the community from home

It may sound counterintuitive. How can you remain a part of the community if the goal is to separate from the community? But maybe there's a remote option. Many organizations — political parties, faith-based groups, nonprofits — rely on volunteers to make phone calls. You can do that clearly community-based activity right at home.

3. Go on a news diet

Stay informed, know what's going on but don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour. But enduring the repetitious pummeling from TV all day long can bring needless anxiety. Try watching a news update in the morning, then check in again at night. Don't stay with it all evening — 30 minutes or an hour is plenty.

4. Reach out to family and friends

Stay in touch with the people close to you, especially those who are social distancing too. The Centers for Disease Control and Prevention is recommending that communities create "buddy systems" to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19.

This can be done through your church, social group or daily neighborhood email blasts, such as Leisure World's Facebook page.

Social distancing does not mean social isolation, and even a potentially deadly virus should not force people to be alone.

Now, more than ever, people need to find smart ways to stay connected.

ZOOM ON

The Art of Video **Conferencing**

Videoconferencing is becoming a way of connected life in Leisure World and beyond. Cocktail parties and family dinners are now being conducted via free applications like Zoom. Last week, Joe Osuna issued an invitation on Facebook to a Zoom cocktail party— "You are invited," he wrote. "There is a dress code; please wear clothing. Just click the link and bring your own beverages." To learn how to videoconference like a pro, read on.

In these days of isolation, videoconferencing services like Zoom have added millions of users as people seek to connect remotely in the midst of the coronavirus pandemic.

But although it's easy to get up and running with Zoom, you may not be aware of some of its best, most useful features (many of which are buried in advanced setting menus).

Here's what you need to know to get the most out of the service, even if you're using only the free, basic version:

• Beautify Your Face:

If you've just rolled out of bed, check the "Touch Up My Appearance" box in Zoom's video settings menu. It acts like a softfocus lens, adding a slight blur to skin tones and smoothing out wrinkles, blemishes, and other little imperfections.

• Hide Your Face: If you'd prefer not to be seen at all (and you're not planning to speak in the meeting you're attending) you can use a screenshot of yourself in a Zoom meeting as your profile picture. That way, you'll always look perfect—and look like you're paying attention.

Regardless of whether you're ready to show your face, it's a good idea to set Zoom to disable your camera and mic by default when joining meetings and enable the option to see a video preview before you join. That way, you can catch any stains on your shirt or spinach in your teeth.

• Hosts Can Mute Attendees

Most Zoom users are good about muting, but in large meetings there's usually at least one person who forgets to hit that mute button and ends up broadcasting a private conversation, baby cries or worse.

What many hosts don't realize is that they have the power to mute these rogue talkers. If you want everyone to join the meeting muted by default, you can make that happen by toggling "Mute Participants" upon entry in the Schedule Meeting section of Zoom's account settings.

• Keep Unwanted Guests Out of Meetings

With huge numbers of people moving to Zoom and other videoconferencing platforms during the COVID-19 epidemic, online meetings are dealing with a trend called "Zoombombing." Don't publicly share meeting IDs; if the meeting is public, don't use your personal meeting ID (PMI).

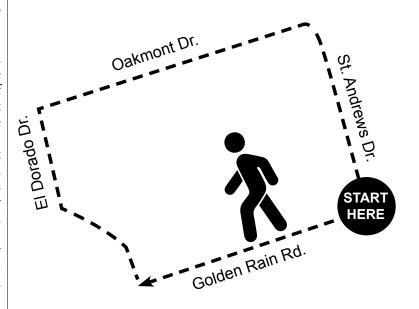
Walking for the Health of It

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training. Even though LW clubs and facilities are closed, people can still go walking.

To that end, the Recreation Department has a Leisure World Walking Trails brochure featuring seven measured trails throughout the community. Stop by the Downtown Café. Two of the maps are printed here:

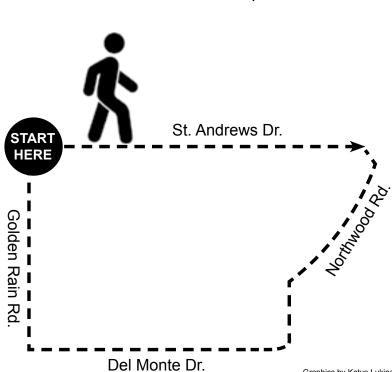
Walking Trail B

1.6 miles or 3,200 steps



Walking Trail D

1.7 miles or 3,400 steps



Discounted POPS Season Tickets

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

Graphics by Katya Lukina

Dancing downstairs is allowed during concerts.

The schedule is

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

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

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



Ellen Brannigan, Mutual 14, shows off potatoes she grew this spring. She also enjoys growing green peppers, tasty tomatoes and lovely roses, she said.

Grab-and-Go At a Glance

Grab 'n' Go Schedule Weekdays, 4-6 p.m., Saturdays, noon-2 p.m. Clubhouse 6 Parking Lot

- Monday: Viking Dog Truck—Gourmet hot dogs, brats and loaded tots
- Tuesday: Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries
- Wednesday: Gourmet Renee—American cuisine, homemade soups and desserts
- Thursday: Domino's Pizza—Call ahead for special orders; wings and salads offered too
 - Friday: Koffel's Food Service—Special Friday menus weekly
- Saturday Lunch: Domino's Pizza—Call ahead for special orders; wings and salads, noon-2 p.m.
- Saturday Dinner: Lucille's Bar-B-Que—Preorder to avoid long lines.
- Sunday: Koffel's Food Service —Special Sunday menus weekly All Grab 'n' Go events will take place, rain or shine. If it rains, Clubhouse 6 will be open. People must keep a six-foot distance and wear a mask. All vendors accept cash and cards. On call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379

Watch for LW Live! alerts for daily menus. Sign up for LW Live at http://www.lwsb.com/lw-live-sign-up/.

City of Los Al Food Distribution

The City of Los Alamitos Recreation and Community Services Department is providing free groceries sponsored by Second Harvest Food Bank to adults 60 years and older at the Los Alamitos Community Center, 10911 Oak St. Distribution takes place weekly on Tuesdays from 11:30 a.m.-12:30 p.m. on a first-come, first-served basis to the first 120 participants.

Distribution is held in the Community Center parking lot in a "drive through" style, and participants are not encouraged to arrive early due to space restrictions.

Grocery items consist of non-perishable food items and self-care items. For more information, contact Erika Halberg at *ehalberg@cityoflosalamitos.org*.

Friendship Club

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

For information about schedule and classes, contact Miryam Fernandez at *mzzmimm@gmail.com* or Bob Cohen at *bob@bobology.com*. For free technology training opportunities, go to *www.bobology.com*.

Family Radio Service Drills

The Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday morning. Anyone who has an FRS radio is invited to participate as follows:

- Call-in time begins at 9:30-9:45 a.m.
 - Use Channel 13/0.
- Be sure to wait until the radio is clear and call in stating your first name, last name initial and

mutual: example "John S., Mutual 13" checking in. Remember to press the side button to speak and release when finished.

If you are not sure how to call in and would like more instruction on use of the FRS radio, contact Leisure World Radio Club President Rich Erickson, *rjerxn@yahoo.com*, or call (562) 431-6586, ext. 409, to leave a message.

—Kathy Almeida

LW LIBRARY

Curbside pickup is now available

The Leisure World Library staff is working diligently to create innovative ways to deliver its services to the community. People can now order materials by calling or emailing the library. Materials will be ready for a curbside pickup in about 48 hours.

To request materials:

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

Library staff will accommodate specific requests whenever possible. If the requested material is not available, library clerks will use their expertise to find similar items for you and put together a bag of materials for you to borrow from the library.

Due to limited staffing, 48 hours, excluding weekends, is required to fill requests. You will receive a call when your order is ready for curbside pick up at the library between Tuesday-Friday.

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

Staff is available to answer questions via phone or email Tuesday-Friday from 9:30 a.m.-3:30 p.m.

—Vanessa Morris library operations supervisor

GOLDEN AGE FOUNDATION

Request loans of mobility aids via the telephone

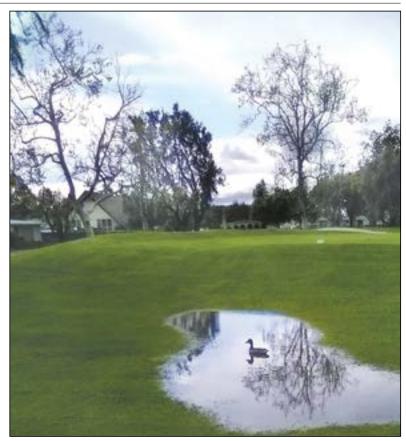
The Golden Age Foundation Mobility aids program is being offered on a limited basis. People who need walkers or wheelchairs can call the GAF answering machine at (562) 431-9589 and leave a message. Volunteers will return calls and make appointments with residents to pick up equipment. Do not return equipment until further notice to minimize person-to-person contact. The program loans walkers, both fold-up with tennis ball feet and deluxe walkers with four wheels, a seat and hand brakes, transport chairs and wheelchairs.

PLAN from page 4

powers of attorney.

- 4. Go to *ReadyOC.org* (Make a Plan) to download Family Emergency Plan to gather and document pertinent information for your family and pet care needs.
- 5. Write down special instructions, food allergies, medications, nutritional needs or limitations, any other habits or routines may help to provide consistency.
- 6. Pack a bag for a loved one in event that re-location is immediate.

Should you have any questions or need resources/referrals during this time, ontact Cindy Tostado, LCSW GRF Member Resource and Assistance Liaison, at 431-6586, ext. 317.



Donna O'Gara of Mutual 14 was walking her dog April 10 after the rain finally stopped. She saw this duck enjoying the puddle and decided to share.

LW Poetry

Long wooden pathway

This poetry feature showcase original poems by members of the Creative Writers Club of Leisure World and other GRF members. The Creative Writers meet on the fourth Friday at 1:30 p.m. in Clubhouse 3, Room1, for poetry, fiction and non-fiction; business meeting follows.

Seal Beach Pier

Cross the sand and wave
Endless steps of
Young lovers, couples, and singles
Blue sky with white soft cottons
Hugging all
Emerald water beneath dances
To the music of footsteps
One, two, three and tango fast
Fishing poles nodding like a sleepy old man
Fishes in the water play the game
Catch me if you can
But the all the buckets are empty
That's the way it works
We all swim and walk in this perfect day
at Seal Beach Pier

—Chung Hur

FRIENDS OF LW LIBRARY

Volunteers will deliver a bag of books

Friends of the Leisure World Library volunteers will deliver a bag of books to residents who call it and request one, according to Cynthia Arance, Friends of the Library president. People can ask for their favorite authors or genre, and Flo Conley and Cynthia will deliver them.

Cynthia hopes the service will highlight Friends' purpose of funding the LW Library and giving two scholarships to local schools.

To order a bag of books for \$5, contact *floconley@gmail.com* or call (714) 350-7682. Friends volunteers are also putting out free magazines at the bookstore for people to take.

Creative Writers Club

The Creative Writers' Club is canceling its poetry contest for this year. The club will not meet until the covid threat is past. Everyone is encouarged to keep writing (poetry, fiction, non-fiction) in "isolation." "When we do meet again, we will have lots to share," said Fred Wind, club president.

ORDER from page 3

the City Emergency Manager has the authority to implement this restriction to help protect the community. Approximately 40 percent of city residents are over 65 years old and in the high-risk category. This Order and others that were issued by the City were reviewed and approved by the City Attorney to ensure the Emergency Manager had the legal authority to do so.

Seal Beach is not the only local city to implement a face covering order. The Cities of Beverly Hills, Los Angeles, Carson, Burbank, Long Beach, Pasadena, the counties of Riverside and San Bernardino, and other jurisdictions recently ordered people to wear masks.

The City hopes that this Order will help slow the spread of infection, flatten the curve, and ultimately save lives, according to the press release

For updated information on the City's response to this pandemic, visit the City of Seal Beach website at *www.sealbeachca.gov*.





Club singers from a few years ago, before the days of social distancing.

Community Karaoke

Community Karaoke singers are missing their weekly Wednesday sessions in Clubhouse 1. Many of us are listening to music on the radio and other devices during this time of social distancing. We'll be ready to take the stage and entertain our neighbors and friends once again when this is over.

Singing has been so important for us senior folks. It has helped some with our lungs as our breathing is better; some of us get happier when we sing; some of us get more courage when our efforts are applauded. All of this motivates us to continue singing.

We miss our karaoke audience too. They come week after week

to cheer us on. You can see them smile when they hear a familiar tone that they like.

Sometimes they'll tell the vocalist, "Thank you for singing that song, I remember dancing to that tune."

Hopefully we'll see you soon for our karaoke parties.

-Margie Thompson

CAP from page 5

Every third Thursday from 9-11 a.m., income-qualified people receive 40 pounds of food, including canned fruit, vegetables, meat, rice, juice, cereal and more.

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household.

To sign up, bring a photo ID, and proof of income (Social Security/ SSI Statement, letter or bank statement or paycheck stub).

People who are unable to apply themselves or pick up the box of food may send a proxy to act on their behalf with appropriate ID.

People who need help arranging a proxy can call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

CRIME from page 5

most concern for me and the City Council," said Seal Beach City Manager Jill Ingram. "We are proud of this drop in crime and the efforts of the men and women of the Seal Beach Police Department."

The mission of the Police Department is to drive down crime and improve the quality of life in Seal Beach," said Chief of Police Philip Gonshak.

We want our residents, visitors, and businesses to feel safe and secure. Although there are several factors that influence crime rates, we know that this reduction of crime is likely related to having more cops on the street. None of this could have been possible without the hard work of the City Manager, City Council, and City staff to ensure the police department had the tools to make this happen."

For more information on the Seal Beach Police Department's efforts to drive down crime, follow the department on social media @sealbeachpolice.

-from a prepared release

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Crossword Answers

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Sudoku I Answers

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

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 in when all \$1 boxes contain numbers and the other Sudoku rules have been followed.

When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these num-

recely is when an as well-then you start a game of Sudoka, some blocks will be presumed on your as in the course of the game.

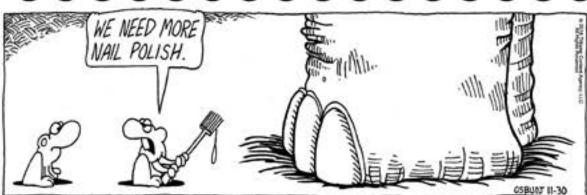
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puzzie ean contain all of the numbers I through P and no two numbers in the same block of a na be the same. Nack, must contain all of the numbers I through P and no two numbers in the same block of a

Jumble Answers

Become Admit Assay Myriad Even with high-class clients, the tailor worked on the -"Seamy" Side Answer:

Puzzle Answers Puzzle page 18-19



Sudoku 2 Answers

7	5	1	2	6	4	9	3
6	9	8	4	3	5	7	2
2	4	7	1	9	3	5	8
3	1	2	8	5	6	4	9
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Guess Who? Answer: Spike Lee

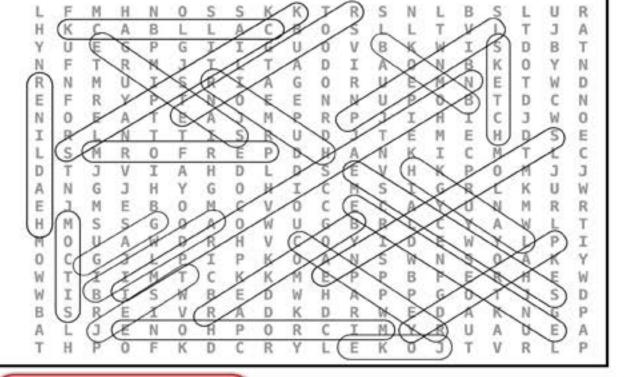
Crypto Fun Answers

Answers: A. mother B. gift C. honor D. flowers

Boggle BrainBusters Answers

POP ROCK FOLK BLUES POLKA GOSPEL REGGAE

Word-Find Answers



Sports & Games

LW MEN'S CLUB

Marvin Jones remains the club president

The current president of the Leisure World Men's Golf Club is Marvin Jones - a resident of Mutual 7. He assumed his duties in the beginning of 2020. His goal is to build on the current membership of about 60 men and grow its activities as soon as the golf courses open back up.

Marvin was born in 1935 in Pensacola, FL. He graduated from Auburn University with a degree in Aeronautical Engineering but never practiced. After college he joined the Army for 3 years and was a member of an Airborne unit. He subsequently found his way into investment banking, financial planning and the securities business. He owned his own securities firm for 13 years and later worked with larger firms.

Marvin married Geri Jones in 1964 in Las Vegas (and no - Elvis did not marry him). He has one son and two grandchildren living in Long Beach. His favorite things to do are golfing, reading, jigsaw puzzles, attending concerts, dancing and playing social games. At one point in his life he was a full-time handyman and

still enjoys doing little chores for his friends and neighbors.

He has been playing golf for 18 years. He holds a 14 handicap on our local course and probably a 20 on the outside. His favorite nearby course is Recreation Park in Long Beach.

The Men's Club that Marvin leads normally sponsors as many as four tournaments a month on the local course. The second and fourth Wednesdays are for members of the Men's Club only. The third and fifth Wednesday (if there is one) are the Guys and Gals tournament. All games and tournaments are postponed until golf courses are back open to the public and stay home orders have been lifted.

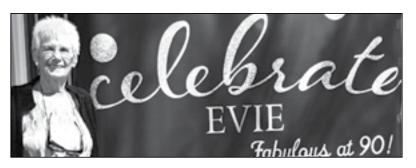
Requirements are that you be a Men's Club member and have a handicap. Additionally, the Club hosts a catered summer picnic and a Christmas party for its member, friends and guests. If you are interested in becoming a member once COVID-19 has subsided, leave a message for the membership chair at (801) 674-5975.

—David LaCascia



President Marvin Jones standing outside his home. While all games are suspended, club members are anticipating the time when they will be able to return to the golf course and play in tournaments organized by Marvin.

LW Weekly 430-0534



Evelyn Ingram

Cribbage player Evelyn turns 90

Evelyn "Evie" Ingram of Mutual 11 celebrated her 90th birthday on March 29 in front of her unit. Several of her friends and neighbors stopped by (at reasonable distances) to observe the occasion with champagne and cake - plus a rousing version of Happy Birthday. Conversations naturally revolved around the current health crisis but typically came back to remarking about her age, how youthful she appears and her good health. She remarked that she had good genes with parents who lived long and healthy lives.

Evie had one older brother – a pianist for Woody Herman - who passed at the age of 69. Evie married Clifton "Bud" Alexander Ingram in 1950 and divorced in 1981. With him she has had two daughters and one son. Sadly, only one daughter remains. The surviving daughter is 69 and everyone that knows her says she looks 50 and inherited her mother's good genes. With six grandchildren, 11 (possibly more) great-grandchildren, and one great-great-child, Evie enjoys spending time with all of them.

Evie lived on the east coast in her early life and resided in several states. Her hometown is Belmont, Massachusetts – a few miles northwest of Cambridge. She moved from the east to California in 1951, shortly after her marriage. She says she has been gone from the east coast for so long she no longer "pawks da caw".

She attended the University of New Hampshire for three years and completed her degree at the University of Alabama.

Evelyn was in a serious car accident last year and after an extended rehabilitation came back strong but is required to use a cane to walk any distance. Her passions here at Leisure World are card games including bridge, cribbage and poker.

—David LaCascia

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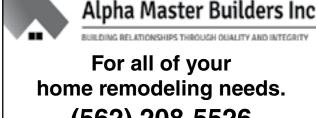
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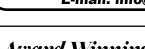
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Puzzles & Comics

Answers on page 14

Gasoline Alley



By Russell Myers Broom-Hilda HOME OF THE TRIPLE BACON, FATTY CHEESE, **GREASY MEAT 1/2 POUND HEART ATTACK BURGER** 2019 WINNER **RUTH IN ADVERTISING** AWARD FORSELL MYTERS

Middletons

By Raph Dunagin & Dana Summers

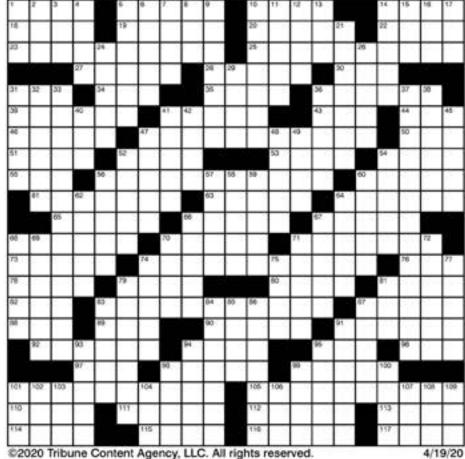


ACROSS

- 1 Something slight
- 5 Fleet
- 10 Pointed arch
- _ beart: cared 18 Corridor
- ___ cropper: fail
- 20 Assembled
- 22 Exploited 23 Marathoner's alert
- 25 Track event
- 27 Romanticize
- 28 Scratch out 30 Southeast Asian
- 31 Switch position
- 34 Top army off. 35 Delicate
- 36 Translate 39 Fastened
- 41 Sewing adjunct
- 43 Scoreboard trio 44 After expenses
- 46 Well-adjusted 47 Follows 23 Across
- 50 Patriotic org.
- 51 Vinegar is one
- 52 Wire-drawn
- 53 Pub items
- 54 Uncivil
- 55 Footlike part
- 56 Olympic curtainraiser
- 60 Femme fatale
- 61 Vaudevillian's curse
- 63 Street show 64 Ouit
- 65 Philippine trees
 66 Crows
- 67 Harbor
- 68 Discussion groups
- 70 Because of 71 Hush
- 73 Show biz sponsor
- 74 Sought shelter 76 ___s 'ow!
- 78 Korean GIs 79 Gen.
- 80 Acres, abroad
- 81 ___ impasse 82 Start of the 16th century
- 83 Olympic events 87 Pinnacle
- 88 Former govt. outfit 89 Corrida encouragement
- 90 Uncovers
- 91 Drink adjunct
- 92 Talents
- 94 Fourth-largest inland sea 95 Extinct bird
- 96 Endeavor 97 NY bridge, Tappan
- 98 Lightsome 99 Bypass
- 101 Sec 83 Across
- 110 Corn lily

- 105 Sport competitions 111 Movie unit 112 Two below par 113 Contort 114 Docile

Edited by Linda and Charles Preston



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115 ____ example

On Your Toes

- 116 Sprint 117 Remain

DOWN

- Reporter's query
- Fleming Tricky
- Drudge
- Lengthy discourse Female
- Mosque official
- Chemin de .
- Identify
 Turkish: arch.
- 11 Silly ones
- 12 Diminutive ending Land mass: abbr.
- 14 Vaporous
- 15 "___ was saying . . ." 16 Md.'s neighbor
- 17 Soft drink
- 21 Woeful
- 24 Pressed
- 26 Accepted principle

- 29 Police concern?
 31 Available
- 32 Spigot 33 Last effort
- 36 OK, in the AF
- 37 Stamina trial
- 38 School text 40 Guided
- 41 Adhered 42 Trail
- 45 Canal system of Canada 47 Aegean gulf
- 48 Nostrils
- 49 Elation 52 Hardware store items
- 54 Develop 56 Vehicle shaft
- 57 Abstract 58 "___ the ground"
- 59 Enthusiasm 60 Disunite
- 62 Fencing gear
- 64 Valleys
- 66 Group
- 69 Battery features 70 Verve
- 67 Busy places 68 Cathedral city of Italy

- 71 Painful things 72 Stationery item 74 Fumes
- 75 Phone
- 77 Introgression
- 79 Food processors
- 81 The Altar 83 Full of flaws 84 Aloft
- 85 Soccer's ... Madrid 86 Removes completely
- Fascination Stopped up
- "The Compleat Angler", Walton
- 94 U.S. missile, 1965 95 Twin crystal
- 98 Unreturned serves 99 Attendant
- 100 Ornamental evergreens 101 Border
- 102 Tiverton's river 103 Lounge
- 104 This way: Sp.
- 106 Criticize 107 Erode 108 Musical syllable
- 109 Lookout

Sudoku I

	4	9						
	2		9			6	8	
		6			8		5	
		100		8	1		3	G G
6			4			5		
			5	2		4		
		5	1					
	7			3				
		4		7				

9 To 5 By Harley Schwadron

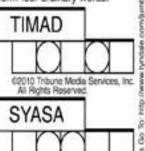




JUMBLE THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek

Crossword

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.



DIMRAY

MEECBO



I'll take i

in a bit

to form the surprise answer, as suggested by the above cartoon.

Answer:



Guess Who?

I am a movie director born in Georgia on March 20, 1957. Shortly after receiving a degree in film and television from NYU, I made my first feature film. I have since made many thought-provoking and celebrated films.

Sudoku #2

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

Level: Beginner

Puzzles & Comics Answers on page 14

ABCDEFGHIJKLMNOPQRSTUVWXYZ

Determine the code to reveal the answer!

Solve the code to discover words related to Mother's Day. Each number corresponds to a letter. (Hint: 6 = 0)

22 13 23 21

Clue: Female parent

26 16 19 в.

Clue: Present

13 20

Clue: Show respect for

19 D.

Clue: Colorful blooms



By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

3 letters = 1 point 4 letters = 2 points 5 letters = 3 points 6 letters = 4 points 7 letters = 6 points 8 letters = 10 points

9+ letters = 15 points

YOUR BOGGLE 151+ = Champ 101-150 = Expert 61-100 = Pro 31-60 = Gamer 21-30 = Rookie 11-20 = Amateur 0 - 10 = Try again

Boggle BrainBusters Bonus We put special brain-busting words into the puzzle grid. Can you find them? Find AT LEAST SEVEN MUSICAL GENRES in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters: UON PUMA LYNX MOLE MULE HARE GOAT BEAR WOLF SEAL

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COMEDY WORD SEAR

R J Α I т N U Ι S R I G 0 U D Е R Υ т N 0 Ε Ε N N U 0 В т D С N Ε Т Е J M P R Р J Ι Н Ι C J W 0 N 0 Α A S R Т т Ι R U т Е Ε Н D S Е Ι L N D J М S F E P D K Ι С т L М R 0 R Н Α N М L C D т J ٧ Ι Α н D D S Е ۷ Н K 0 М J J J H Υ 0 Н Ι C M s Ι R K U Α N G G G L W Е 0 C 0 C E С Υ U R Ε J M В М ۷ A N М R S M S G 0 0 U G R C Υ Т Н Α W В L A W L U Н C Υ 1 Е Υ P Ι М 0 Α W D R ۷ 0 D W L S C G J L Р Ι P ĸ 0 Α N W N S 0 A K Υ 0 Т Ι М Т C K Ε R Ε W Ι K М Е В Н W S Ι В Ι S E G T W В D W Н Α 0 J D W S Е ٧ R G В R Ι Α D ĸ D R W Е D Α K Е Н P 0 R C Ι R E L J N 0 М Υ U A U Α Α т Н 0 D C R Υ 0 J ٧ P

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

WORDS

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FOOD

from page 3

daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews Drive.

Volunteers in Service

The Recreation Department is coordinating with volunteers who have stepped forward to assist shareholders/members with their shopping and errand needs. Contact the Recreation office at *events@lwsb.com* or (562) 431-6586, ext. 398, to be matched to a volunteer. This is a free service, but any arrangements you make are between the two parties. GRF is simply sharing this information.

Downtown Cafe is Stocked

The Downtown Café in Building 5 is open for business with fully stocked vending machines. Food and drinks are available for takeout. Due to social distancing rules, the tables and chairs have been temporarily removed.

Restaurant Delivery

Several local restaurants have reached out to the Recreation Department to offer pick-up and delivery service, some with specially priced menus during this difficult time. For information on specific restaurants, contact *events@lwsb.com* or call (562) 431-6586, ext. 398.

SCAM

from page 4

VID-19. Be vigilant as more scams are sure to appear in the days ahead. **Prevention:**

Here are some simple ways to avoid COVID-19 scams:

- Practice skepticism. If you didn't initiate contact with the person offering goods or services, assume it's a scam.
- Look for generic greetings such as "Hello, Sir/Madame" indicating the sender is not sure of your gender, indicating the sender is a stranger.
- Be wary of links in email or text messages, even if you recognize the sender. Visit the known website of the company or organization allegedly offering goods or service rather than click on provided links if anything looks suspicious.
- Verify the legitimacy of the individual or company/organization by calling the known, published number for the company the individual purports to represent and ask for that employee by name.
- Check the authenticity of charities through watchdog agencies such as Charity Watch (https://www.charitywatch.org/) or Charity Navigator at https://www.charitynavigator.org/.
- Never provide personal, banking, credit card, or investment information over the phone or in an email message unless you initiated the call or correspondence.
- Do not give in to pressure to "act now." Important decisions regarding health and finances deserve careful thought and analysis. Don't let your fears about COVID19 drive you to make bad decisions.

Recovery:

- If you provided sensitive information to a potential scam, don't panic. Instead take the following steps to recover:
- » Change the passwords for all of your accounts, especially if you use the same password for multiple accounts.
- » Set up multi-factor authentication for all of you accounts so that you must prove your identity before account transactions or changes can be processed.
 - » Report Identity Theft to the three credit bureaus as follows: Experian-*Experian.com/fraudalert*, (888) 397-3742 Transunion-*Transunion.com/fraud*, (800) 680-7289
 - Equifax. Equifax. com/CreditReportAssistance, (888) 766-0008
- Activate a credit freeze. If you don't plan to make a large purchase requiring credit (like a house or a car), you can "freeze" your credit to stop any credit being opened under your identity, including credit cards, bank loans or real estate loans. Placing a credit freeze is free in California. You can lift or remove the freeze at any time. For additional details, visit consumer.ftc.gov/articles/0497-credit-freeze-faqs
- Report it: All scams should be reported to the Federal trade Commission at *FTC.gov* or (877) 382-4357.

MEDICARE

from page 5

will help ensure you are able to visit with doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

You may be able to communicate with your doctors or certain other practitioners without necessarily going to the doctor's office in person for a full visit.

Medicare pays for "virtual check-ins"—brief, virtual services with your physician or certain practitioners where the communication isn't related to a medical visit within the previous seven days and doesn't lead to a medical visit within the next 24 hours (or soonest appointment available).

You need to consent verbally to using virtual check-ins and your doctor must document that consent in your medical record before you use this service. You pay your usual Medicare co-insurance and deductible for these services.

Medicare also pays for you to communicate with your doctors using online patient portals without going to the doctor's office. Like the virtual check-ins, you must initiate these individual communications.

If you live in a rural area, you may use communication technology to have full visits with your doctors. The law requires that these visits take place at specified sites of service, known as telehealth originating sites, and get services using a real-time audio and video communication system at the site to communicate with a remotely located doctor or certain other types of practitioners. Medicare pays for many medical visits through this telehealth benefit.

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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

Small Bissell Carpet Extractor. \$35. Marina Tesla, 12-34K. (562) 340-1506.

LW Weekly

Read the paper online! www.lwsb.com/newspaper

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

LW Weekly (562) 430-0534

publication

Want to place a Classified or renew your existing one? Turn it in

Monday, for Thursday's publication

by **2:00 p.m.**



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 III Basic 2 BDR, 1 Bath with a Misid Diane enclosure. ve pew taket, new laminate flooring, move-in ready. Mutual 9 - 209E \$215,000

Basic 1-bein ESCROM, fresh paint.

Atrium, Remodele ESCROMirive-up, Solid MINITES 18D 365,000

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



(562) 598-1388

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

www.LeisureWorldHomeSales.com

WHY A ONE BEDROOM UNIT IS A GREAT BUY **Interesting facts:**

Basic one bedroom units have 600 sq. feet of living space and a 200 sq. ft. patio. The unit can be expanded up to 800 sq. ft. by expanding out to the 200 sq. ft. patio. (Now you have more sq. ft. than a basic two bedroom at 750 sq. ft. for a lower price!) One bedroom units always have a private entrance unlike the original two bedroom units that shared an entrance.

The kitchen is larger in a one bedroom basic unit than a two bedroom basic unit.

There are 6,608 units in Seal Beach Leisure World. Only 1,616 are one bedroom units. There are as of April 10th thirteen one bedroom units listed for sale. Six of those listings belong to the On Site Home Sales Office. The units are priced between \$154,000 and \$189,000.

We have the best selection.



8-181C \$155,000



3-2J \$159,000



1-441 \$160,000



6-57E \$165,000



1-22H \$185,000



2-51D \$189,000



Broker DRE #02110501



Escrow Officer



Verna Chumley





John Webster Realtor®









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Specializing in the LW Community 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 overlooks an open balcony and beautiful treelined greenbelt. Kitchen has white cabinets. built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double- pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.



M1-16W \$218,000

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



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. Central heat and air conditioning, double pane windows, private patio with walk-in storage and overlooks open green belt.



M3-16F \$375,000

Beautiful corner 2 Bedroom 1 3/4 Bathroom home with formal dining room is a fully expanded home with many upgrades. It features a corner living room with two double pane Bay Windows that offer an open all-around view including a side green belt. The entry way has a leaded glass door with retractable screen and entry closet. The formal dining room has a ceiling fan. The fully remodeled kitchen has beautiful custom wood cabinets, all built-in electric appliances including free standing range, refrigerator, dish washer, microwave, added pantry with pull out shelves, added china cupboard and Corian counters. The Master Bedroom has a walk-in closet, double pane bay windows, and is extra wide with storage added. The Master Bathroom has custom wood cabinets with added linen cupboard, stacked washer dryer and large skylight. The second bedroom/den has added 3/4 bath and storage closet. This lovely home also features laminate floors, crown molding, blinds, central heat/AC, brick lined walk way, and outside storage closet. Don't miss seeing this lovely move-in home that is in move-in condition.



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



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Jim Duncan 714-356-6717 Broker/Manager



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Robin Gray 562-209-5605

(562) 594-0515

1900 St. Andrews Dr., Suite C

Seal Beach, CA 90740

BRE 00338699



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

Two-Bedrooms



BERKSHIRE HATHAWAY

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Vickie Van Ert Mary Chittick 310-220-1407

(562) 431-2149

13926 Seal Beach Blvd.

Seal Beach, CA 90740



562-882-2804



Rosie Wang Davis 626-623-9929



Joanie Korman 714-308-8034

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 Spectacular green, french doors, lam. floors, very nice

\$235,000 Mutual 1 25L 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 btfl. greenbelt, new paint, new lam. flooring, lovely patio

Mutual 5 114K 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 12 9D \$339,000 washer/dryer, cent. air, double pane, trees, nice

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

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

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

One-Bedrooms

Mutual 1 23K screened in porch, btfl. greenbelt, skylights kit. and bath

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

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

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 6 57D \$185,000 Full expan., bay windows, gran- Adrian Villarreal ite counters, high end flooring



Claudette "CC" Cooley \$165,000 310-484-9600



Linda Patton 562-522-3364





Conrad Rodriquez

562-746-1960



Hanna Rubinstein 562-900-4243



Jay Cho 714-944-4998



Estee Edwards <u>562-208-2540</u>





Philip Bak 213-550-9991



Irv Hart 562-296-5619



Fav Wescott 562 242-6162



Tim Kearns 714-293-3950



Diana Flores 949-212-8748



Chris Kim 424-247-4542



<u>562-673-6703</u>



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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



Mutual 6-136-C \$359,000

Fully expanded two bedroom - one bath, south facing courtyard. Remodeled





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 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 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!



Darling two bedroom U-Snapea 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 1-40-B \$167,000 Fully Expanded 1-bedroom on a beautiful, HUGE greenbelt setting. Living room and bedroom are expanded with laminate floors. Kitchen has a ceiling fan, and skylight. Bathroom has a skylight, cutdown shower and vinyl floors.



CAROL GASPER
REALTOR
Lic# 01276484

562.716.1547

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



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

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



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



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..



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



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

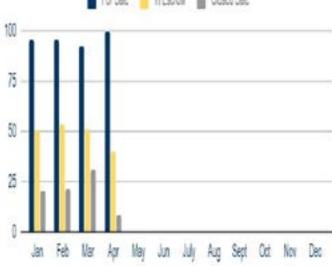
Corner Fully Expanded 2 Bedroom, 1 ½ Baths. Remodeled Master Bathroom With Glass Enclosure, Tile and Corian Countertops. Laminate Flooring, A/C Heat Pump. 2 Skylights, Double Pane Windows. Steps to Parking.

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.

4/7/2020- Year To Date MLS Activity For Sale In Escrow Closed Sale



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!