



SAFELY STEPPING TO RECOVERY

FROM THE GRF PRESIDENT



How did the wage issue happen?

— from GRF President Linda Stone

The California State Legislature approved language in wage and hour laws states that all employees must be paid overtime if an individual works more than eight hours a day.

We can all agree that is fair. What was true before, however, is not true now as the courts have clarified the law in recent rulings.

The following three examples now are legally working overtime.

1. If an employee clocks in at 7:55 a.m., takes a mandated half-hour lunch-break, then clocks out at 4:30 p.m.

2. A standard practice in the past was to offer a voluntary waiver to employees who wanted to work through lunch so they could leave early for a doctor's appointment.

3. Interrupting an employee's lunch or break to discuss work-related issue or ask a question.

It is the law going forward and retroactively to the years before the courts' ruling.

Golden Rain Foundation, along with many other companies, were liable although we acted in good faith with the interpretation of the law at the time.

Several shareholders questioned the impact the \$550,000 settlement will have on GRF. We have been clear that there will be no impact on shareholders' assessment.

The money to pay for the settlement will be taken from the GRF Capital fund. This is money paid solely by new buyers through the one-time membership fee all members pay when they first move into their units. This Capital fund typically is used for new projects and assets.

LAWSUIT, page 21

GAF MASK GIVEAWAY



Mutual 5 resident Darlene Fohring sports a cotton mask like the ones that will be given away tomorrow at Veterans Plaza — See page 7.



Volunteer shopper Carla Ibarra drops off an order for Judy Nesteby of Mutual 4. Judy has been sheltering at home since March 2.

GRF RECREATION

Volunteer shoppers at your service

by Ruth Osborn
rutho_news@lwsb.com

There is a cadre of unsung heroes in Leisure World who are working behind the scenes to keep LWers safer at home during the COVID-19 crisis—they are able-bodied volunteers who willingly venture into grocery stores, pharmacies, post offices and even take out the trash for people who need help.

In a time when the most vulnerable among us are most at risk from COVID-19, these men and women stand out as shining examples of silver linings.

They include members of a church, a youth group and eight individuals, among them LW resident Joan Curtin of Mutual 8 and insurance broker Carla Ibarra, affectionately known in LW as "The Pie Lady."

Both women are viva-

SHOPPERS, page 7



Dan Curtin, photo

Joan Curtin of Mutual 8 makes trips to the stores for fellow LWers several times a week. If you need help stocking your pantry or pick up a prescription, contact GRF Assistant Recreation Manager Kathy Thayer at (562) 431-6586, ext 398.

BACK TO 'LIMITED' BUSINESS

Safety first in plan to start reopening GRF trust property

by Randy Ankeny
GRF executive director

The most recent public health guidelines recommend a phased approach when considering any reopening of operations.

We must continue to be very vigilant and, most importantly, resolute in the protection of the health and safety of our community members and staff.

It's becoming increasingly clear that what we took for granted pre-COVID-19 may never be the same as we phase back into the new "normal."

Reopening GRF Trust property operations won't be like flipping on a light switch, and everything is as it was.

It will be more like a dimmer switch, reinstating the lowest-risk operations and closely monitoring the situation. If COVID-19 cases begin to surface, the reopening can be pulled back by degrees, like the wattage on a dimmer switch.

Re-establishing operations so our 8,000-plus "at risk" community members can again enjoy everything Leisure World, Seal Beach, has to offer is a multi-faceted challenge.

Our hope in the fight against COVID-19 is in our collective strength, mutual support for each other and patience. As a community, we have the ability to show the world outside of our walls, what can be accomplished when the focus is on "WE." Our mission must be "Stop the spread" and patience while everyone adapts to new operating protocols in today's challenging conditions.

The threat of future/ongoing transmission of COVID-19 will continue to be with us until a vaccine is developed. Any actions to reopen will depend on what can be done most safely for the mutual benefit of all.

In keeping with public health and safety orders, a gradual restoration of services—Stage 1—will begin on Monday, May 18.

Of the utmost importance will be compliance with all social distancing signage and face masks must be worn. See Phase 1 of the LW reopening plan below.

Stock Transfer

•Hours

Window Service—8:30 a.m.-4 p.m.

Lobby Service—9 a.m.-3 p.m.

•In-person Service

-By appointments only, (562) 431-6586, ext. 346

-No more than two people may be in the customer service area at any time

-Anyone using the interior service must wear a mask

REOPENING, page 24

GRF Construction Update



The LW Fitness Center will be expanded and enhanced.

Fitness Expansion and Improvements

At the Feb. 25, meeting of the GRF Board of Directors, the Board conceptually approved initial design concepts for the expansion and enhancements of the LW fitness center.

The proposed improvements were planned under professional consultation to effectively and efficiently use available space on the second floor of Clubhouse 6, adding variety to ever-growing use of the fitness center.

The proposed plan (see diagram) would create a multi-functional center to help members meet their fitness goals. The well-rounded fitness and activity center will provide the opportunity to increase physical activity, which can help prevent common health hazards and promote a healthy and fit lifestyle.

Design was geared to fit a broad range of diverse requirements,

GYM, page 6



A conceptual preview of the new pool and spa facility.

LW Pool and Spa

It may look like the overhaul of the swimming pool and spa and locker rooms is dormant, but behind-the-scenes architectural and engineering work is underway with plans close to being finalized. The COVID-19 crisis has impacted the speed of the pool project as contractors and engineers juggle new government orders, workforce insecurity and other significant disruptions.

The excavators and jack hammers are quiet but SGE Consulting Structural Engineers is putting the finishing touches on plans to modernize the aging facility, which has been consistently used by hundreds of residents every day for 56 years.

The unprecedented COVID-19 crisis has fundamentally changed operations, so it's hard to exactly predict the time delay on the completion of this vital amenity.

Please bear with us and know that all steps that can be taken during the stay at home orders are being taken.

—GRF Executive Director Randy Ankeny

OCTA Westminster ramp closed for 1 year

The northbound I-405 loop off-ramp to Westminster Boulevard is now closed for about one year to allow crews to reconstruct the ramp as part of the freeway widening.

New walls and ramps will be constructed in one stage, eliminating multiple traffic shifts and confusion for motorists.

In late May, the I-405 off-ramp to Seal Beach Boulevard will close for about one month. The ramp will be reconstructed as part of the freeway widening.

The 405 Community Outreach Team will provide detailed schedule, closure and detour information in future alerts.

Up-to-date closure and detour information is available on the project's interactive map at octa.net/405map or on the project mobile app. To download the free app, search for 405 Improvement in the App Store or Google Play.

The \$1.9 billion I-405 Improvement Project will add one regular lane in each direction between Euclid Street and I-605, and a second lane in each direction in the center of the freeway from SR-73 to I-605 that will combine with the existing carpool lanes to form the 405 Express Lanes.

This 16-mile segment of I-405 is one of the most heavily traveled stretches of highway in the nation, and drivers routinely face severe congestion in both the regular lanes and carpool lanes. The project is critical to accommodate expected employment, population and housing growth throughout the region.

The speed limit on I-405 has been reduced to 55 mph between SR-73 and I-605 for the safety of drivers and construction crews for the duration of the project, which is expected to be completed in 2023. Drivers are advised to slow down and proceed with caution whenever signs of highway work are present, and drivers whose vehicles become disabled should pull off at the nearest exit, if possible.

For more information about the I-405 Improvement Project, visit octa.net/405improvement.

OC Vector Control Mosquito Alert

The Orange County Mosquito and Vector Control District has observed an increase in mosquito activity due to a rainy spring season and warm weather. The District will continue to identify and treat for mosquito breeding sources, but we need your help.

Mosquitoes breed in small water sources in residential backyards, and they do not fly far from the source. Eliminating small water sources can reduce the number of mosquitoes on your property. Search around your property for any standing water (indoors and out) and discard unused containers. Scrub containers to remove eggs.

COVID-19 — The Latest

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus 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. For most people, the coronavirus causes mild or moderate symptoms, such as fever and cough that clear up in two to three weeks.

For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia and death. The vast majority of people recover. State and local officials have put social distancing policies in place to slow the spread of the virus. There are no known cases of COVID-19 in Leisure World; Seal Beach has 13 reported cases as of presstime, according to the Orange County Health Care Agency.

New Data Portal

California has launched a new, user-friendly data portal at update.covid19.ca.gov that tracks COVID-19 cases statewide and by county, gender, age and ethnicity.

The portal also outlines statewide hospitalizations and testing efforts.

The data presented on the portal will be updated daily and will include additional information as it is available.

Seal Beach Partially Reopens

Seal Beach will partially reopen on May 18 with some restrictions. Seal Beach's plan, which it calls "Beach in Motion," is broken into four phases, with restrictions gradually vanishing as conditions warrant.

Beaches will be open during daylight hours, Monday-Thursday, and only for active use. People aren't allowed to sit or lie on the beach, and no gatherings of any kind are allowed.

COVID-19 Testing sites are open and free if you are feeling ill

The following locations offer FDA-authorized COVID-19 testing to Orange County residents who have symptoms of COVID-19. This test identifies if you are currently infected based upon a sample taken with a swab. It is not a blood test; it does not test for antibodies.

The most common symptoms of COVID-19 are fever, cough and shortness of breath. You will receive a medical assessment before being tested and you will only be tested if you have symptoms of the disease.

There is no out-of-pocket cost to you for this testing, however your insurance may be billed. You are asked to contact your medical provider for more information.

TESTS, page 7

Red Vine International



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- Drive to Doctor's Appt.
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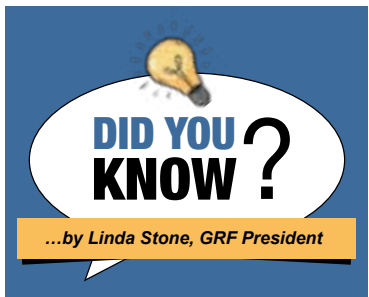
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GRF has three budgets:

Operating Budget
Reserve Budget
Capital Budget



Operating Budget (projected yearly expenses minus income of operations)
 Funded by apartment assessments (2020) of \$163.11 PAPM (per apartment per month)
Reserve Budget (repair, restoration and replacement of assets)
 Funded by \$16.39 PAPM from Operating Budget (2020)
 Funded by 50% New Buyer Fees
Capital Budget (future projects- new assets)
 Funded solely by new buyers with a one-time membership fee, that is paid at the time of escrow. Currently (2020) this is \$4,078 per person. This fee currently gives 50% to Capital and 50% to Reserves. This fee may change yearly by a vote of the Board of Directors (Policy 40-5061).

LW FOOD RESOURCES

Delivery, take-out and grocery hours

The Leisure World Recreation Department has compiled the following information on senior grocery hours, grab 'n' go meals delivered daily onsite and local restaurants that deliver or have curbside pickup.

This information is updated weekly to help stay home as much as possible during the COVID-19 crisis.

Grocery Store Hours for Seniors

- Gelson's Market is open from 7-8 a.m. for seniors 65 and older. One caregiver per shopper is permitted, proof of age required.
- Ralph's is open from 6-7 a.m. for seniors. Traffic is restricted to 50 people at a time so occasionally there are lines.
- Sprouts is currently restricting quantities of certain items and bulk items are now sold prepackaged. It doesn't have senior hours but delivers through Instacart or you can order ahead, and store staff will hand pick your order pick up.
- Trader Joes is open from 8-9 a.m. for people aged 60 and older. The store limits the number of shoppers inside to 50.
- Costco is open from 9-10 a.m., Monday-Friday, for members ages 60 and older, and people with disabilities effective May 4. Guests will not be admitted. Costco delivers through Instacart.
- Target is open on Wednesdays from 8-9 a.m. for seniors only. The store has reduced hours and closes by 9 p.m. daily to deeply clean stores.
- Smart & Final stores are open 30 minutes early, from 7:30-8 a.m. to accommodate seniors 65 and older, those with disabilities and pregnant women. ID may be requested.
- Stater Bros. Market is open from 7-8 a.m. for people 65-plus.

Other Local Food Options

In addition to the Farmer's Market on Tuesdays at Seal Beach Village, there is a mini pop-up market daily in the parking lot by the Primrose Restaurant from 10 a.m.-2 p.m. It offers dairy products, eggs, fresh produce, paper goods and a few sundry items.

Grab n' go Onsite Food Options

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

- **Koffel's Taco Tuesday Truck**, 5-7 p.m., Sunday, Tuesday and Friday. Check menus on LW Live alerts (no pre-order)
- **Viking Specialty Hot Dog Truck**, 4-6 p.m., Mondays; pre-orders accepted via LW Live! or email <https://squareup.com/store/thevikingtruck>
- **Gourmet Renee's** American cuisine, 4-6 p.m., Wednesdays. Pre-order and save time by calling or texting (323) 833-1213.
- **Domino's Pizza**, 3:30-7 p.m., Thursdays, and noon-2 p.m. on Saturdays. Call ahead, (562) 493-2212, to have special orders delivered to the parking lot.
- **Hof's Hut**, 11a.m.-1 p.m., Thursdays; order online for faster service at <https://app.onedine.com/s/PMA7J4N> (receipt pick-up times may be incorrect as website is perfected; lunch is available from 11 a.m.-1 p.m.)
- **Naples Rib Company** barbecue, sandwiches and salads, 4-6 p.m., Saturdays; online pre-orders only at ribcompany.com/LW.

All information is subject to change. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews Drive.

Downtown Cafe

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

Local Restaurant Delivery and TakeOut

Several local restaurants have reached out to us who now offer pickup and delivery service, some with specially priced menus with lower prices during this difficult time.

See page 12 for a complete listing.

Contact Recreation for more information on food options by emailing events@lwsb.com or calling (562) 431-6586, ext. 398.

—Kathy Thayer

SECURITY REPORT

Help stop theft in LW by being aware

by Victor Rocha
 security services director

Overall, the Leisure World community is fortunate to have a low volume of crime considering nearly 10,000 people live inside Leisure World, Seal Beach.

However, we have been experiencing some thefts in the community and by working together we can minimize this issue.

Some of the thefts that have occurred have been "crimes of opportunity"—someone has observed a car door unlocked or property unsecured in a carport and took advantage of the opportunity.

There are many ways to minimize thefts, including:

- Do not leave valuables visible inside your vehicle.
- Close your vehicle windows and lock vehicle doors every time you get out.
- Close and lock all doors to your residence when you leave, even for a short period of time.
- Carports may not be used for storage. Secure all approved policy items in your carport, including ladders, bicycles, etc., under the cabinet.

We are working closely with the Seal Beach Police Department to curtail thefts inside the community.

To assist us, if you see something and sense that something is wrong, it probably is.

SECURITY, page 5



Stock Transfer (above) and Finance are two of the GRF offices that will be open with restrictions starting May 18. Stock Transfer Assistant Cathy Dailey (l-r), Stock Transfer Manager Belinda Meacham and Safety Emergency Coordinator Eloy Gomez will be wearing masks and gloves to protect you as they serve. For more on Stock Transfer's reopening, see story page 1.

GRF FINANCE

Office to reopen for essential services

The GRF Finance office is pleased to announce its reopening on Monday, May 18, for essential in-office needs by appointment only.

The health and safety of community members and staff are the highest priority. Let's stay community strong by following these guidelines when visiting the finance office for your essential needs, for example, making cash payments.

Call (562) 431-6586, ext. 330, to make an appointment. Face masks must be worn during your visit. In-person service cannot be provided unless you are wearing a face mask.

One person may enter the lobby at a time. A second family member or a caregiver may accompany the shareholder. If another customer is in the finance lobby when you arrive, wait outside in the designated area for your turn to enter the building.

Always practice social distancing by maintaining at least six feet from others. Staff will sanitize the counter and any other touch surfaces prior to the next customer visit.

FINANCE, page 6



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Perspectives

Face Mask Clarification

The Security Department continues to receive dozens of calls a day regarding residents and others wearing face masks in public.

There was an earlier order in Seal Beach requiring everyone who was outside wear a mask, but this aspect of the order was quickly clarified. Below is the information I have provided the watch commanders so they may address this issue with any resident:

City of Seal Beach Face Mask Information

There has been some confusion regarding the wearing of face masks inside Leisure World, Seal Beach. At first, the City of Seal Beach's April 11, 2020, Fourth Supplement to the Proclamation of Existence of a Local Emergency by the Emergency Services Director ordered everyone must wear a mask when outside.

However, there was immediate clarification regarding this order from the Seal Beach Police Department. The current regulations regarding the wearing of face masks, as per Sgt. Nick Nicholas, public information officer for the Seal Beach Police Department, are as follows:

- This order **DOES NOT** restrict people from walking around the neighborhood without a mask.
- If you are outside exercising, not conducting essential business or interacting with others, **YOU DO NOT HAVE TO WEAR A MASK.**
- The City does ask that a mask be worn anytime someone is in public. **ALTHOUGH NOT REQUIRED BY LAW, IT DOES SHOW YOU ARE PROTECTING YOURSELF AND OTHERS.**

However, note that you **MUST** wear a mask anywhere in the City of Seal Beach (including Leisure World Seal Beach) when you are:

- In public conducting essential business. This includes, but not limited to, going to a store, pharmacy, office, doctor's office, post office, etc.

For further information, contact the Seal Beach Police Department at (562) 799-4100.

—GRF Security Services Director Victor Rocha

WATCH YOUR STEP

Help fight Medicare fraud during crisis

Stay alert for fraud during the coronavirus national emergency. Con artists like to take advantage of people when they're distracted.

Scammers may try to get your Medicare Number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card. Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

Check regularly for Medicare billing fraud. Review your Medicare claims and Medicare Summary Notices for any services billed to your Medicare Number you don't recognize.

How to Spot Medicare Fraud

- Compare the dates and services on your calendar with the statements you get from Medicare to make sure you got each service listed and that all the details are correct.
- These include the "Medicare Summary Notice" (MSN) if you have Original Medicare or similar statements from your plan if you're in a Medicare Advantage Plan. They list the services you got

FRAUD, page 5

MEMBER COLUMN

Some Good News network can alleviate stress

by Jim Greer
LW contributor

Among the most mentally challenging aspects of the COVID-19 pandemic is having to endure the never-ending bombardment of frightening news. Mental health experts advise us to limit our exposure to media stories about the pandemic—especially those with experts' views about what could happen in the coming months.

In other words, it's not healthy to watch pandemic news 24/7.

Enter SGN—Some Good News—the weekly shelter-in-place news network created by Amazon Prime's "Jack Ryan" star, John Krasinski. For the past five weeks, Krasinski has rolled out successive episodes of YouTube-based news programming that provides some of the most uplifting news items imaginable.

In the April 28 Slate article, "How John Krasinski Became America's New Dad," Will Paskin describes SGN as "wholesome and canny coronavirus counterprogramming." In the article, Paskin explains, "Like a good dad, Krasinski is here to make the best out of the worst. He introduces viral tweets, photos, and videos with gusto, good spirit, and a jokey cadence. He narrates nurses doing dance numbers, a husband crooning to his wife through the window of a nursing home, a man leaving toilet paper on his porch for delivery people to take, cities around the world clapping for essential workers, and a family doing a trick golf shot off the roof of their house."

Krasinski emotionally praises COVID heroes, as he interviews medical professionals and thanks each for their service while showering them with unique gifts and once-in-a-lifetime experiences. As a home-produced labor of love, SGN features graphics created by John's children and video production without the aid of an in-studio crew. The program

Kudo and Credit

Tom Palladino of Mutual 3 wants to thank the GRF Administration for its time and assistance that was given to correct the RV Lot space problem. Thank you.

Perspectives Policy

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

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email preferred, regular mail, deposited in a white GRF drop box, or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or

POLICY, page 6

features feel-good stories, creative videos, and images presented in rapid-fire succession. Each 15-minute episode features celebrity appearances ranging from the Broadway cast of Hamilton to Krasinski's "The Office" co-star Steve Carell; from Chef Guy Fieri of "Diners, Drive-Ins, and Dives" to sports stars like the Red Sox's Dave Ortiz; and a host of movie star appearances.

Krasinski's enthusiasm is infectious as he enlists the help of influential friends such as his wife, "Mary Poppins Returns" star, Emily Blunt. And speaking of people who can fly, John has even conducted a live interview with weightless astronauts aboard the International Space Station. Krasinski is adamant that the pandemic not disappoint kids who may forego essential mile-

stones. In fact, in a recent episode, SGN provided the virtual "Prom 2020" for all high school kids who would have otherwise missed the traditional American teenager's right of passage, featuring live performances by Chance the Rapper, Billie Eilish, and the Jonas Brothers.

John serves as our "good news" anchor from behind a desk, wearing a suit and tie. But, after each episode, he stands to leave and reveals mismatched bottoms. He's worn Red Sox boxers, a tutu, a dress, and a bathing suit. Krasinski's approach is absent of any ego-centric attitude or self-promotion. He intends to give us all something to smile about, with documented evidence that "there's always good in the world." And, SGN is news worth watching.

Neighbor to Neighbor

Leisure World residents stick together in times of trouble. Residents are reporting acts of kindness, innovative ways to stay busy and resourceful ways to navigate the COVID-19 crisis. Send submissions to rutho_news@lwsb.com for next week's column.

LW Orchestra Donation

Allen Bourhenne of Mutual 12 donated a pearl snare drum and four sets of sticks to the Leisure World Orchestra last week. Drummer Bob Todd will be happy to make use of this new addition to the orchestra.

"We hope to reschedule (concerts) when the restriction on large gatherings is lifted," said LW Orchestra President Fred Reker. "Many thanks to Allen for his welcome donation."





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Serving the Shareholders of

Leisure World Seal Beach



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

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Government

GRF Board Meetings

Plans are underway to hold a May 26 GRF Board meeting, subject to revisions to public health orders, which may allow gatherings of 50.

The GRF must be compliant with public health orders and provisions of the open meetings act.

As such, the GRF Board meeting will be televised through a live webcast where you will be able to hear and see the deliberations and actions of the board.

As in person attendance will be limited, any member wishing to provide comments to the Board may do so by:

- dropping off your written comments to the attention of the Board at either the Stock Transfer exterior customer service window or in the Finance exterior drop box.
- emailing your comments to grfboardaction@lwsb.com by Friday, May 22, at noon.
- In person comments during the posted comment section, subject to in person attendance availability.

Copies of all written and/or emailed comments will be provided to the board in advance of the meeting, as well as, the GRF President will provide a general narrative of the written comments received.

Anyone attending the Board meeting in person, must:

- wear a facemask
- observe social distancing requirements

To view the live GRF Board meeting:

- go to www.lwsb.com
- click on the Live GRF Board meeting tab, which will be active at 9:45 a.m. on the day of the meeting

The live streaming uses YouTube live and terminates at the close of the meeting. The agenda for the Board meeting (subject to change) will be posted on May 20.

SB POLICE DEPT.

We can do our part to prevent crime

While the vast majority of people are following Gov. Newsom’s orders and staying home, others are using this time of uncertainty to prey on innocent victims.

Criminals do not care if there is a global pandemic, and they do not obey stay at home orders. Criminals have and will continue to use this pandemic to take advantage of people. Property crimes and fraud schemes continue to take place in Seal Beach, even though most good people are staying home. Just like we can all do our part to help flatten the curve, we can also all do our part to prevent crimes from occurring by taking a few extra moments to make sure our vehicles and homes are less attractive to criminals.

The Seal Beach Police Department wants to remind the public to help keep the community safe. Remember:

- Lock your homes,
- Lock your cars,
- Don’t leave valuables unattended,
- Be aware of your surroundings,
- Remove deliveries from your porch or have them delivered to another location if you are not home,
- Install lights and cameras around your home and business,
- To report any suspicious activity to the Seal Beach Police Department by calling (562) 594-7232.

“Rest assured that even during these troubling times, the SBPD is here to protect the community,” said Police Chief Philip Gonshak. “Don’t ever hesitate to call us because we are here 24/7 to make sure this wonderful community remains safe.”

FRAUD

from page 4

or prescriptions you filled.

- Check your claims early—the sooner you see and report errors, the sooner you can help stop fraud. Log into MyMedicare.gov to view your Original Medicare claims as soon as they’re processed, or call us at 1-800-MEDICARE (1-800-633-4227).
- Check the receipts and statements you get from providers for mistakes.

If you think a charge is incorrect and you know the provider, you may want to call their office to ask about it. The person you speak to may help you better understand the services or supplies you got, or they may realize a billing error was made.

If you’ve contacted the provider and you suspect that Medicare is being charged for health care you didn’t get, or you don’t know the provider on the claim, find out how to report fraud. Report anything suspicious to Medicare. If you suspect fraud, call 1-800-MEDICARE.

POLICY

from page 4

otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

Member Column: At a maximum 500 words, columns may present an argument, opinion or information about pending issues of concern to the community. Priority to first-time or less frequent writers. Some names will be left out to protect privacy.

Contributor: Restaurant review, theater review or travel journal submissions welcome.

GRF Board
Executive Session
1:15 p.m.,
Friday, May 15, 2020
Virtual Meeting,
in accordance with
applicable codes

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.

Mutual 15 Meeting

Mutual 15 will have a board meeting via Zoom on Monday, May 18, at 1 p.m. Call Mutual Administration for instructions on how to participate.

SECURITY

from page 3

Call Seal Beach Police Department at (562) 594-7232 if you observe any suspicious activity, such as someone loitering in the carport areas.

You may remain anonymous.

430-0534

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 or rescheduled via conference calls unless otherwise noted.*

Thur., May 14	Mutual 12 Zoom conference call9 a.m.
Mon., May 18	Mutual 15 Zoom conference call 1 p.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.*

SB NAVAL WEAPONS

Safety, environmental honors awarded

Naval Weapons Station Seal Beach won two prestigious Navy-wide awards in late April. The installation and its detachments in Fallbrook and Norco California were honored with the 2019 Chief of Naval Operations Safety Award, small non-industrial category April 22. Only one day before, the command was informed that it had won the 2019 Secretary of the Navy Environmental Award for Natural Resources Conservation, small installation category.

“These awards are a perfect example that what we do matters, but how we do it matters even more,” said Commanding Officer Capt. Jason Sherman. “I’m extremely proud of the work we accomplish here, and I’m not at all surprised that we have been once again recognized at such a high level.”

“Our safety team has done a remarkable job,” said Safety Director Thomas Beck. “Even more importantly, all levels of the command have proactively executed their safety roles and responsibilities. We always say that every person aboard our installations is a safety observer, but it is the workforce that lives it every day.

NWS, page 6

ENHANCING PIPELINE SAFETY
THROUGHOUT THE COMMUNITIES WE SERVE

Pardon our dust...

while SoCalGas® enhances the natural gas system that provides Southern Californians with a reliable and affordable way to heat their homes and cook their food.

Construction is planned in Seal Beach.

TRAFFIC IMPACTS:
North Gate Road will be partially closed intermittently. 405 Freeway on and off ramps at Seal Beach Boulevard will be closed intermittently.

For more information about the project, visit socialgas.com/SealBeach

PROJECT DETAILS

CONSTRUCTION AREA:
North Gate Rd., Seal Beach Blvd. and 405 on/off ramps

SCHEDULE:
April 20 – June 30, 2020

WORK HOURS:
Monday – Saturday,
7 a.m. – 8 p.m.

SoCalGas

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Revised 2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JULY	7	384	193	5	Fri. 2/14	Mon. 3/16	Sun. 6/14	2 nd Tues.	7/14	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 6/15	3 rd Wed.	7/15	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 6/16	3 rd Thurs.	7/16	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 6/24	4 th Fri.	7/24	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sat. 6/27	4 th Mon.	7/27	10 a.m.	
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
	11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 6/23	4 th Thurs.	7/23	10 a.m.	
AUGUST	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 7/5	1 st Tues.	8/4	10 a.m.	New directors will be installed at GRF Annual Meeting on 8/11
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
AUGUST	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 7/8	1 st Fri.	8/07	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 7/11	2 nd Mon.	8/10	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 7/12	2 nd Tues.	8/11	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 7/13	2 nd Wed.	8/12	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 7/14	2 nd Thurs.	8/13	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 7/15	2 nd Fri.	8/14	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 7/22	3 rd Fri.	8/21	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 7/26	4 th Tues.	8/25	10 a.m.	Staggered Terms.

NOTE:
* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.
** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.
*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.
Revised 5/1/2020

CALIFORNIA DMV

25 field offices are now open

The California Department of Motor Vehicles reopened 25 of its field offices May 8, including several in Orange County, to assist customers with appointments and “transactions that require an in-person visit to a field office.”

Local offices set to reopen are in Arleta, Los Angeles south of downtown, Fullerton, Santa Ana, Montebello, Glendale, Inglewood and Lancaster. Offices closest to Leisure World are not among those that are reopening.

Hours for open offices are from 8 a.m.-5 p.m. Monday through Friday, except on Wednesdays, when offices will open at 9 a.m.

All of the agency’s field offices across the state closed March 27 due to the COVID-19 pandemic. DMV officials urged customers to use online services as much as possible.

Social-distancing measures will be in place at the reopening field offices, which were chosen based on their size, location and service capacity.

The offices will be open for people with appointments and for select transactions, including:

- paying registration for a

DMV, page 7

GYM from page 2

around a fit-for-life program, encompassing the five major areas of a total fitness plan:

- **Upper Body** (arms, shoulders and upper back)

Some of the most common exercises for the upper body are biceps curls, triceps curls, bench presses, overhead presses, lateral raises, and upright rows.

- **Lower Body** (legs and glutes)

Some of the most common exercises for the lower body are lunges, squats, step-ups, mountain climbers and squat-thrusts.

- **Core** (upper and lower abdominal muscles and back muscles)

Some of the most common core exercises are sit-ups of various kinds, push-ups (men’s or women’s), leg raises, and planks. (Upper body workouts also help the core as your stomach muscles should be engaged as you lift).

- **Cardio** (aerobic exercise that gets you moving). Exercises to increase your heart rate (hence the name) and make you perspire.

- **Flexibility** (stretches to keep bodies limber).

Fitness Center is a Life Center

The fitness center could be better termed a life center, as our physical health benefits from using a fitness center:

- **Helps maintain or lose weight.** As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.
- **Reduces the impact of illness and chronic disease.** People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer’s disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.
- **Enhances mobility, flexibility, and balance.** Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination,

and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling.

Or perhaps you think that exercising simply isn’t for you. But as you grow older, an active lifestyle becomes more important than ever to your health.

No matter your age, it’s never too late to get fit. The proposed Fitness Center expansion and enhancement will promote fitness safely and make it fun.

At this time we are in the process of gathering all costs with a goal of presenting the project for GRF Board review at the May meeting (contingent upon revisions to Stay at Home Orders).

—GRF Executive Director
Randy Ankeny

DEA

Drug take back day canceled but there are ways for safe disposal

The DEA Drug Take Back event originally scheduled for April 25 was postponed due to the coronavirus emergency. Most people who misuse prescription drugs get them from family, friends and acquaintances. You can make a difference by keeping track of the medicine you have, by rethinking where and how you keep your medications in your home, and by safely disposing of any unused medications. There are alternative ways to safely dispose of unused medication. Some facilities and business are registered with the U.S. Drug Enforcement Administration (DEA) to collect old, unused, unneeded, or expired medicines.

In your community, such authorized collection locations may be in retail pharmacies, hospital or clinic pharmacies, and law enforcement agencies/ facilities. Some authorized collectors may also offer mail back programs or collection receptacles (drop off boxes) to assist you in safely disposing of your unused medicines.

The closest drop off places to Leisure World are the Westminster Walgreens Pharmacy, 8052 Westminster Blvd., Westminster, (714) 896-9589; Huntington Beach Walgreens Pharmacy, 19001 Brookhurst Street, Huntington Beach, (714) 593-1352; and the Huntington Beach CVS Pharmacy, 19121 Beach Blvd., Huntington Beach, (714) 848-1522.

To dispose of needles or sharps, visit www.oclandfills.com or call (714) 834-4000. Locations are subject to change so people should call ahead.

FINANCE from page 3

Once the lobby is available, a staff member will notify the next person to enter. The mail slot on the exterior of the Administration building outside the Finance department is available 24/7 for payments and forms drop-off.

People are asked to continue conducting business by phone or email whenever possible by calling (562) 431-6586, ext.330, or contacting Finance from www.lwsb.com. New office hours are 9 a.m.-4 p.m., Monday-Friday.

— GRF Director of Finance Carolyn Miller

NWS from page 5

“Over the course of the past year base safety staff have improved our processes, which led to greater hazard identification and abatement, as well as improved controls, risk management and mishap prevention,” added Beck.

“This year, our environmental awards submission focused on the great work being done at our Fallbrook detachment,” said Acting Environmental Director Jeff McGovern. “Our command has empowered the environmental team to solve complex environmental problems that impact the Navy mission.”

“What has been exciting is our success at turning short-term impacts into long-term stewardship opportunities,” said Christy Wolf, Detachment Fallbrook’s conservation program manager. “Our goal of improving ecosystem resiliency in the face of climate change, for example, was leveraged to save a Marine Corps pipeline project over a million dollars with a win-win solution that also contributes to better groundwater recharge.”

“Both safety and environmental stewardship are fundamental values that form some of the most basic elements of our culture as Navy professionals,” said Sherman.

“We live by these values, and they should intertwine into all of our activities, both on duty and off duty.”

LWLive

Sign up now for the GRF’s one-way, real time community notification system. LW Live is designed to keep people informed during emergencies and get the word out about on-site restaurant services, and other useful information. Don’t be left in the dark; fill out the form and deliver it to the News Office through the slot in the door, mail it to LW Weekly, PO Box 2338, Seal Beach, CA, 90740, or sign up at lwsb.com.

Name (first and last)

Mutual Number:

Email Address:

POLICY from page 4

otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

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Contributor: Restaurant review, theater review or travel journal submissions welcome.

TESTS
from page 2

cal provider first and only access these services if you do not have a provider or your provider is unable to provide testing.

Because of continued challenges of obtaining testing supplies and Personal Protective Equipment (PPE) for health care providers conducting tests, testing may be restricted at times to high priority groups, as defined by the California Department of Public Health or Orange County Public Health.

You MUST make an appointment for testing with one of the

- clinics below to assure eligibility and availability of testing.
- AltaMed Medical Group, Anaheim, 1325 N. Anaheim Blvd., Anaheim, 92801; Monday-Sunday, 9 a.m.-3 p.m., (888) 499-9303
 - AltaMed Medical Group, Huntington Beach, 8041 Newman Ave., Huntington Beach, 93247; Monday-Saturday, 9 a.m.-3 p.m., (888) 499-9303
 - AltaMed Medical Group, Santa Ana/Bristol, 2720 S Bristol St., 104, Santa Ana, 92704; Monday-Saturday, 9 a.m.-3 p.m.,

SHOPPERS
from page 1

cious, energetic and cheerful as they help residents stock food, medicine and other essentials a couple of times a week. Both have been pulled to lifelong service to others. When COVID-19 broke out and their normal schedules were upended, both went seeking for ways to help.

Carla Ibarra has worked in Leisure World for years, helping residents find the best Medicare plans. She often brings pie to share at meetings, hence her nickname.

One day last week, she and her volunteer buddy Gabby Ruelas, both of Irvine, delivered a load of groceries from Ralph's to Judy Nesteby of Mutual 4. "She's a very special lady," said Judy, who has been self-quarantined since March 2. "I haven't stepped out of Leisure World, and this helps so much."

Carla spends 4-5 hours a week running errands wherever people need her to go—Dollar Tree, Ralph's, Trader Joes, Target. "And we get to talk to people and say hi. I love being able to help in a time of need."

Joan Curtin also shops for residents several times a week. She has spent her life helping others. She ran a homeless shelter in Hollywood when she and her husband, Dan, lived in Los Angeles. She has worked with unwed mothers, displaced and abused women, hospice patients and at risk-teenagers.

"I've been involved with volunteer work for years," said Joan, "and I love every minute of it. Since we moved to Leisure World, my volunteering has been centered at the Seal Beach Rehabilitation and Health Center."

The pandemic brought that work to a halt, so she contacted Kathy Thayer GRF Assistant Recreation Manager to see where she could help.

"When Kathy told me she was making a list of people volunteering to help neighbors with shopping, I was all in, since one of my biggest hobbies is shopping!"

It's totally win-win for Joan, who has "enjoyed meeting some wonderful people while assisting them with obtaining groceries.

"In fact, as is usually the case with volunteering, I get back in smiles and friendship far more than I give," she said. "As long as COVID 19 keeps our residents homebound, I'm your Ralphs shopper!" And yes, she has a Ralph's card.

Kathy Thayer says the grassroots volunteer shopper program just kind of happened as stay-at-home orders shuttered people's lives.

She keeps a list of volunteers—people from inside and outside Leisure World—who called her offering their time. They are standing by to help right now.

Here's how it works. Contact Kathy at (562) 431-6586, ext. 398, or events@lwsb.com with your shopping and errand needs, and you will be matched to a shopper. The service is free, with specific arrangements made between you and your shopper.

Your shopper will take your list over the phone or email, and leave the groceries at your door. The shopper will call you with a total cost before the drop-off, and you will leave an envelope with cash for the shopper to pick up.

Volunteers avoid face-to-face contact for the protection of both. Face coverings are worn and social distancing is observed during all the transfers.

"All the recipients have been very happy and grateful for the service," said Kathy. "Some people want a particular market and that may determine the volunteer I send. Most people want grocery runs, but volunteers will do other errands, if asked. One shareholder was unable to take out her trash, and a volunteer helped with that."

The Volunteer Shopper program lifts a burden from isolated residents who are already struggling from COVID-19 overload, and it keeps volunteers occupied with hands of help in these historic times. It's a win-win, so if you need help, call today.

(888) 499-9303

- Nhan Hoa Comprehensive Health Care Clinic, 7761 Garden Grove Blvd., Garden Grove, 92843; registration is *required* on website at www.nhanhoa.org; call (714) 898-8888 for more information.
- UCI Health, call for site locations, (714) 456-7002 for screening and appointment.

A continually updated list of test sites, with information on scheduling and the appointment process, can be found at www.ochealthinfo.com/novelcoronavirus (click on COVID-19 Testing and Screening) or by calling the HCA's Health Referral Line at 1(800) 564-8448.

Call the COVID-19 Hotline (833) 426-6411 to connect with OC agencies for other information and resources.

DMV
from page 6

vehicle impounded because of registration-related issues;

- reinstating a suspended or revoked driver license;
- applying for a reduced-fee or no-fee identification card;
- applying for a disabled person parking placards;
- processing DMV Express customers for REAL ID transactions, if time and space allows.

The DMV announced in mid-April that it would automatically extend expiring driver's licenses for 120 days. Those who need documentation that their licenses have been extended can request a free extension document online.

GAF
Mask giveaway is Friday at Vets Plaza

The Golden Age Foundation will give away cotton face masks from 2-3:30 p.m. on Friday, May 15, at Veterans Plaza between the Leisure World Library and Clubhouse 3.

The GAF board approved the distribution of 1,000 face masks for Leisure World shareholders to participate in the "Community Strong" movement here and help shareholders to protect others from spread of COVID-19.

The face masks are made by LW neighbors and are washable.

The masks will be given away first-come, first-served, one packet per shareholder.

Event coordinator Anna Derby asks people to honor social distancing rules while in line, which should not form until 1:30 p.m. People must cover their nose and mouth with a scarf or handkerchief if they don't have masks.

"Thanks to all our volunteers who made this event possible by putting in their hearts and souls: the sewers, fabric cutters, elastic cutters and runners for coming through 500 handmade washable face masks for fellow neighbors.

"And a special thank you to coordinator Diana Harrison," said Derby, who is also the GAF publicity chair.

The Golden Age Foundation is nonprofit, charitable organization dedicated to serving the special needs of Seal Beach Leisure World shareholders.

Its purpose is to make the community a better and happier place in which to live.

When there is a well-defined need such as masks for LWers during this pandemic, the Golden Age Foundation will fill do whatever possible to fill it. Because Golden Age Foundation has been certified as a nonprofit organization by the Internal Revenue Service, contributions qualify for exemption from income taxes, in most cases.

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



Washable cotton masks (above) will be given away tomorrow at Vets Plaza starting at 2 p.m. People can start lining up at 1:30 p.m.

Purchasing Department Price List

PRICES ARE FOR MATERIALS ONLY! ALL TAXES AND PROCESSING FEES INCLUDED.
(LABOR \$42.00 PER HOUR /PER TECHNICIAN)

REVISED 05/04/2020

WHITE COOK TOP.....	\$318.57
BLACK COOK TOP.....	\$318.57
WHITE OVEN.....	\$761.34
BLACK OVEN.....	\$761.34
STAINLESS OVEN.....	\$835.68
WHITE TOP FREEZER	
REFRIGERATOR.....	\$638.31
BLACK TOP FREEZER	
REFRIGERATOR	\$638.31
STAINLESS STEEL TOP FREEZER	
REFRIGERATOR.....	\$729.66
28 GALLON WATER HEATER 10YR.	\$548.10
38 GALLON WATER HEATER 10YR.	\$569.79
GARBAGE DISPOSAL.....	\$168.27
BATHROOM FAN/HEATER....	\$130.74
BATHROOM FAN-NO HEAT	\$177.58
BATHROOM SINK WHITE-ROUND	\$46.42
BATHROOM SINK- BONE- ROUND	\$63.12
BATHROOM SINK-WHITE- OVAL	
MUT-15- GERBER.....	\$32.66
BATHROOM SINK-ALMOND- OVAL	
MUT-15.....	\$87.97
BATHROOM SINK -WHITE CHINA	

KITCHEN SINK-WHITE	\$363.85
KITCHEN SINK-ALMOND.....	\$459.12
KITCHEN FAUCET- DELTA.....	\$96.22
KITCHEN FAUCET SPRAYER-DELTA	\$104.62
BATHROOM FAUCET- DELTA	\$82.45
BATHROOM WIDESPREAD FAUCET- DELTA	\$153.05
(TOILETS INCLUDE TANK, BOWL & TOILET SEAT)	
TOILET- STANDARD -WHITE	\$174.32
TOILET-STANDARD-BONE	\$197.20
TOILET- HI BOY-WHITE.....	\$208.24
TOILET-HI BOY-BONE.....	\$231.75
ROUND TOILET SEAT: WHITE	\$11.75
ROUND TOILET SEAT: BONE	\$11.75
ELONGATED TOILET SEAT: WHITE	\$15.78
ELONGATED TOILET SEAT: BONE	\$15.78

PURCHASING DEPARTMENT
PHONE NO. 562-431-6586
ROSENDO-STORE KEEPER-EXT. 306
PURCHASING COORDINATOR EXT. 309
RICKY-PURCHASING ASSIST-EXT 308
JULIE-PURCHASING MANAGER-EXT. 307
STORE HOURS MONDAY- FRIDAY
8:00 AM TO 4:30 PM

The above pricing is subject to change without notice.
Please call Purchasing Department for current pricing.

SERVICE MAINTENANCE CAN BE REACHED AT (562) 431-3548 DURING THE HOURS 8:00 AM TO 4:30 PM,



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

Religion

Editor's note: During this time the editors have invited pastors and religious 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.

Faith Christian Assembly

by Pastor Gywn Vaughn
Faith Christian Assembly

As we continue to be under lockdown orders in the state of California, we at Faith Christian Assembly are happy to have the ability to reach out to our congregation through our Sunday Morning Conference Calls at 10:30 a.m. We also have been having calls on Wednesday Mornings at 11 a.m. for our Bible studies. We are adding one other weekly conference call on Sunday evenings at 5:30, during which we will conduct a brief conference call, just to be able to connect together over a devotional, a testimony, and Scripture. These calls are our lifeline to one another as we walk through these days. Anyone should feel free to join us. To participate, call (425) 436-6371, access code: 576671#.

Be advised, out of an abundance of precaution, when the day comes when we are able to meet in person, for all who attend, we will be taking your temperature at the door, and you will be asked to wear a mask and sit socially distant from others.

Due to Covid-19, Faith Christian Assembly is not currently having its regular ministries at this time, but it will resume as soon as possible.

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



Pastor Gywn Vaughn

Holy Family Church

The month of May is a special time for honoring motherhood and new life. It's fitting that, for Catholics, it is the month of the Blessed Virgin Mary.

"I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May," said Pope Francis. "This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities."

He recognized this time of pandemic as a special opportunity for individuals or families to go deeper in prayer. "Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial," he explained.

During the month of May, the Holy Father asks Catholics to consider adding a special prayer to the end of their regular Rosary. "We fly to your protection, O Holy Mother of God."

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by

Holy Family, page 9

Beit HaLev

Beit HaLev offers interactive livestream services for Shabbat and Jewish holidays. To attend, go to [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com/ShabbatShalomLIVE!) (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10.

This week we study another double Torah reading, B'har-B'chukotai "on the mountain of" and "My commandments" respectively. In "B'har," Adonai addresses Moses on the mountain of Mt. Sinai regarding the laws concerning care of the land (Israel). The Israelites were to observe a Sabbath for the land they were assigned every seven years and to observe a Jubilee Year every 50 years.

In "B'chukotai," Adonai addresses the Israelites telling them to faithfully observe the commandments, bestowing blessings on their obedience in the form of rain for the crops, bountiful harvests and promising fertility to the people; God also threatens punishment for disobedience including exile from the Land of Israel.

Rabbi Galit Shirah conducts a weekday Ma'ariv service every Thursday for Sim Shalom, the online Synagogue. Sim Shalom presents livestream services Monday-Thursday, with a different rabbi each day. To count the Omer, say Kaddish, pray for healing or to hear a spiritual message, go to SimShalom.com.

Rabbi Galit Shirah also teaches (currently) online Hebrew (Prayerbook and Conversational) and Cantillation (Torah chanting) for anyone who wants to learn something new. Contact the Rabbi at (562) 715-0888 or duets@icloud.com.

COMMUNITY CHURCH

Beginning to find a new groove

by Rev. Johan Dodge
Community Church

I am not old enough to live in Leisure World, but with days now as long as years I likely will be soon. I am a child of the 70s, born to an engineer and a teacher and when I was born we already had a computer in the house. It was a kit that my father built, soldering all the parts onto the boards himself, including the keys onto the keyboard.

When it was first built, the computer had no internal operating system. Each time you started it up, you had to flip a series of switches to get it to read the first piece of punch-tape. As a young child I learned to type my name before I could write it. That experience made me an early adopter of technology — when CDs came out I had the first portable diskman — but sometimes new isn't always better. Sure, portable

Community, page 9

FIRST CHRISTIAN CHURCH

Strengthen yourself in the Lord

by Pastor Bruce Humes
First Christian Church

"Now David (soon to be King David over Israel) was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But, David strengthened himself in the Lord his God," 1 Samuel 30:6 (NKJV).

David and his 600 men had taken up residence in Ziklag, a town given to him by Achish, the king of Gath, located in the territory of the Philistines. David and his men were on return from a military campaign found Ziklag burned and in ruins, and their families taken into captivity by the Amalekites. As you might imagine they were all in a state of grieving and despair. They had bitterness toward their leader David, to the point of wanting to stone him. David himself was grieved in this because his wives were also taken captive.

So how did David respond to this disaster? "But, David strengthened himself in the Lord his God." Verse 8A states that after the ephod was brought to him he inquired of the Lord asking "Shall I pursue this troop? Shall I overtake them?" David went to the Lord, and asked him for guidance. Incidentally, David neglected to inquire of the Lord before he departed Ziklag leaving his and his men's families at risk. Had he done so (inquired of the Lord) things most likely would have been different.

So what do we learn from this today? On one hand we have David moving out on his own, neglecting to seek God's instructions or guidance and the results were disastrous. On the other hand, David went to the Lord seeking guidance and counsel asking, "Shall I pursue this troop? Shall I overtake them? We get the answer in verse 8B, "And He (God) answered him, 'pursue, for you shall surely overtake them and without fail recover all.'" David heard from God and heeded his instruction and pursued the Amalekites. David attacked and was successful in the battle, recovering all that the Amalekites had carried away, including his wives.

In Matthew 6:33, Jesus tells us to "seek ye first the kingdom of God and his righteousness, and all these things shall be added to you." David sought God and his righteousness and the results were favorable. When David neglected to seek God things went horribly wrong.

As we go about our decision-making process, we should not neglect seeking God's counsel for guidance and instruction. Doing so will keep us focused on what God's will for us is, which is where we want to be. Let's save ourselves a headache and "seek first the kingdom of God and his righteousness."

If you wish to speak to someone at the church or if you have a need, call the First Christian Church office at (562) 431-8810. Leave a recorded message and someone will return your call as soon as possible.

Redeemer Lutheran & St. Theodore's

by Rev. Lisa Rotchford
Redeemer Lutheran and St. Theodore

The Episcopal church is the American branch of the Anglican Communion. One of the most famous anglicans, C.S. Lewis, came to the Christian faith in the later years of his life. His writings have inspired millions — from fiction written for children (that started as stories written for his niece) to theological books that bring hope in times of despair. In fact, he was called upon to deliver messages of faith and hope over the BBC in some of England's darkest hours during World War II.

When asked "Why do you pray? What can prayer do in times of crises?" he responded, "I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me."

In these times of anxiousness and uncertainty, know that prayer can help change and strengthen us in many ways. By reaching out to God our creator in relationship and conversation (my personal definition of prayer) we reach beyond our present situation and can catch glimpses of God's wide and eternal perspective. God is looking out over us and we communicate with God through prayer. We then can look out for one another as we are called to love one another as God first loved us.

People throughout the world and throughout Leisure World have reached out to one another in acts of kindness that lift us up as these news of the day may bring us down. Remember to reach out to God in prayer asking to be lifted up into God's peaceful presence. Knowing prayer changes things, changes us and keeps us safe in God's eternal perspective and care.

Join us by internet, phone or at our socially-distanced "pick-up" service (pick your spirits up and get communion to go). We will be having a "Pick-Up" Sunday, May 17, from 10 a.m.-noon outside our front doors. Drive (or walk) by the front of the church (13564 St. Andrew's Drive) for a social distance-delivered packet of prayers

Prayer, page 9

Assembly of God

by Norma Ballinger
LW Contributor

During these days of stay at home orders, where we find ourselves wondering which cupboard or closet to clean out next, consider the suggestion for a “change of pace.” Try serving someone who truly needs some encouragement, a kind word, a smile (even from behind your mask, you can smile with your eyes). Giving someone something is the short, distinct definition of serving.

Pastor Sam Pawlak will continue his sermon series, Social Spacing and Closeness to God” via video tape on the topic, with the Sunday message titled, “Closeness through Serving.” Trade the mindset of not being able to do anything to the goal of making at least one contact a day with a postcard of cheer, a phone call or encouraging email. A generous person is one who refreshes others and will, in turn, be refreshed. “Do not withhold good from those to whom it is due when it is in your power to do it.” says Proverbs 3:27. John 15:12 is a commandment from our Lord, “This is my commandment, that you love (serve) one another as I have loved (served) you.”

The devotions that Pastor Sam brings via Facebook each Sunday at 10 a.m. is far reaching and helps us to stay connected to one another through this difficult time. Let’s all do what we can to help move on to Phase 3.

Religion Directory

Editors note: As of publishing date, no church listed below is meeting in person for services or Bible studies. However, many churches and religious organizations have online streaming services available and those who are interested can call the church with the number listed for more information.

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.,
LW
Sunday worship, 10:30 a.m.
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 B;
(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 Fellowship
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 Church
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.

COMMUNITY

from page 8

cassettes and CD players gave us the ability to bring our music with us in ways that records never could but they also sacrificed a great deal of sound quality in the process. My parents still have my great grandfather’s Victrola phonograph and even it captures a warmer sound than digital. There is something about the grooves in a record that could capture so much greater depth than early digital.

I was thinking about that this week as we are eight weeks into our safer-at-homelifestyle. We have found a new groove. Experts say it takes 31 times to change a habit and three times to break it. So this, whatever it looks like, is your new groove, your new normal. The challenge is then to accept this moment, and live in this groove.

As I write this, we are moving to Phase 2 of the reopening of California and I pray that it goes so well that when you are reading this — we are still open. That step will likely also be a new groove, a new normal. Our challenge is to be present in the moment, to find the rich depth of the groove. If resonating in this new groove has been or is currently challenging, I invite you to tune into worship Sunday morning at 9:50 on Facebook live. Find our community by searching for @communitychurchleisureworld. If you don’t have a computer or Facebook, you can still call our phone system by calling (562) 431-2503 and listen to the weekly message beginning Sunday evening.

As always, our mission is still active and if you are in need without another way to address that need, you may call the church office to leave a message (562) 431-2503.

CONGREGATION SHOLOM

Virtual BINGO night on May 17

Rabbi Karen Isenberg will be streaming Friday night services at 6:30 on May 15 on the Congregation Sholom of Leisure World Facebook page. Join Rabbi Isenberg on Facebook for Saturday morning services at 9:30 on May 16.

Congregation Sholom will be having online Bingo on May 17 at 1 p.m. Those interested can call Willard Michlin at (805) 501-5268 to get a card mailed to them. There is no charge, no prizes, just a chance for socializing.

Rabbi Eric Dangott posted this message regarding our current pandemic. “I hope each of you is doing well, along with the entire Congregation Sholom community. During these crazy times, if you are aware of anybody that needs some support, please let me know and I will do my best to meet with them by phone, or video conference when available.

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

LW Baptist

by Pastor Rolland Coburn
LW Baptist



Pastor Rolland Coburn

John the Apostle signs his Gospel at the end, “This is the disciple who is testifying to these things and wrote these things, and we know that his testimony is true. And there are also many other things which Jesus did, which if they were written in detail, I suppose that even the world itself would not contain the books that would be written” (John 21:24-25). In the Gospel, John calls himself “the disciple Jesus loved”, “another disciple”, or simply “we” 26 times. As the last apostle to die, John includes unique details in his writings. With seven other people, John saw Jesus on the lakeshore, heard his words, handled the miraculous catch, and whispered, “It is the Lord.” He smelled the charcoal fire, the fish and bread baking, and came to eat at Jesus’ call. He reports Jesus’ conversation, walking beachside with Jesus. For witnessing, John was flogged with the others and ordered to speak no more in Jesus’ name. History shows they continued preaching: “the Word became flesh and dwelt among us, and we beheld His glory, glory as of the only begotten of the Father, full of grace and truth.”

We need the Bible. A fallen race since Adam, we misinterpret our world, not because we’re finite mortals, but sinners, born rebels, suppressing the truth of our Creator. God’s Word is the apostles’ and prophets’ testimony, Holy Spirit inspired, and necessary to open our eyes to understand ourselves, God and the world. Without God’s truth we find no answers, see and apply no promises, fail to do his will. We reap no lasting blessing without accepting his provision in His beloved Son’s finished work.

John personally wrote these things. The church is built on this foundation, the apostles’ and prophets’ writings. Christ authorized them. He promised, “The Holy Spirit will bring to your remembrance all things that I’ve said to you. He will bear witness of Me, and you will testify also, because you have been with Me from the beginning.” So the apostles’ writings are God-breathed, from God’s mouth through the apostles’ pen.

John says, “And there are also many other things Jesus did.” Curiosity would pry into unrevealed things. But what we have is sufficient. The Bible is enough to guide us in God’s way. We need no more than what John and the apostles handed down, the savior’s story, redemption applied to us. God in grace has not burdened us with endless material, but gifted us with concise Scriptures. He alone is the fountain of wisdom.

“[These things] if written in detail, I suppose that even the world itself would not contain the books that would be written.” A world of libraries cannot contain all testimony to Christ’s work in his redeemed people. Every believer’s story is personal, “Jesus saved me by his grace.” All the Bible announces his coming, purchasing our salvation and his return “not to deal with sin but to save those who are eagerly waiting for him.” Jesus now glorified, his disciples “remembered that these things had been written about him and had been done to him.” They proclaimed the good news, Christ’s unfathomable riches, explaining in faith Scripture’s treasure-trove, so the savior’s glory fills readers’ minds, hearts and lives.

HOLY FAMILY

From page 8

farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.”

PRAYER

from page 8

and factory-sealed Holy Communion. You can also ask for prayer and/or leave a written prayer request for our pastor and eucharistic ministers, or call and leave a request at (562) 598-8697. For more information and inspiration, prayer on our website, www.redeemerlutheransealbeach.com. Special prayers are offered on the first tab on the left titled “In These Trying Times: Click Here!”

Health & Fitness

How to beat the heat and stay safe during the upcoming summer months

As spring blossoms and the summer heats up, many people are looking to leave their homes, within stay at home regulations, to take advantage of the sun and warm weather. However, even in Southern California, people are still vulnerable to suffer from health issues regarding overheating. Below are some ways you can stay safe both outside and inside the house during summer.

- Stay in air-conditioned buildings as much as possible.
- If you do not have air-conditioning in your home keep in mind that electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- Drink more water than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Avoid using the stove or oven to cook—it will make you and your house hotter. In general, try to eat food that can be eaten at room temperature or colder so you can keep cool.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities in the middle of the day when the sun is the most visble and the temperature is at its highest. Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- Pace Yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 30 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions. Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels as these products work best.
- Check on a friend or neighbor and have someone do the same for you.

-from www.cdc.gov

Skin Care Tips for Seniors

Proper skin care for seniors is essential. As people age, they become more susceptible to skin issues such as, age spots, skin tags, fine lines and wrinkles, drier skin and an increased chance of developing skin cancer. Luckily there are simple things that anyone can add to their daily routine to keep their skin healthy.

Daily Routine

Applying moisturizing creams and exfoliating skin every day will help keep it robust and hydrated. Additionally, bathing or showering in warm, but not hot, water will prevent skin from drying out. Using an at-home humidifier will also help to limit exposure to dry air and prevent dry skin.

Use Sunscreen and Avoid Excess UV Light Exposure

Avoid spending time in the sunlight between 10 a.m. – 4 p.m., even on cloudy days, when the sun's rays are strongest. Use sunscreen with a strength of at least 30 SPF and reapply every two hours – sooner if swimming, sweating, or drying off with a towel. Do not use sunlamps or tanning beds and wear protective clothing to further limit your exposure to ultraviolet light.

Diet and Hydration

Staying hydrated and eating a healthy diet are vital for healthy skin. Getting the right amount of nutrients and water will make sure the skin can heal well and more rapidly.

Regular Skin Inspections

Make sure to keep an eye out for any skin changes, look for the ABCDEs of skin cancer(A for asymmetrical, B stands for irregular border, C is for uneven color. D is for diameter larger than a pea, E is for evolving or changing) and be aware of any areas of skin that are irritated or not healing. Speak to your doctor if you notice any growths or wounds that change over time or do not heal.

-from the National Insitute on Aging

LWWeekly

Call
430-0534

Make healthy food choices

Making healthy food choices is a smart thing to do no matter how old you are. Food provides nutrients you need as you age. Use these tips to choose foods and beverages for better health at each stage of life.

1. Drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100 percent juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are healthier choices.

2. Plan healthy meals

Find trusted nutrition information from www.ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

3. Vary your vegetables

Include a variety of different colored, flavored, and textured vegetables. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

4. Eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

8. Keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9. Read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

10. Ask your doctor about vitamins or supplements

Should you take vitamins or other pills or powders with herbs and minerals? Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

- from the National Insitute on Aging

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

CDC

from www.cdc.gov

MENTAL HEALTH

Practice mindfulness with meditation

As we age, we may worry more about our physical health, but that doesn't mean we can let our mental health go. Mindful meditation promotes many physical and psychological benefits.

Meditation is all about cultivating presence, awareness, and non-judgment. The mental training practice offers a different way of dealing with stress, by calming the mind and body. You just sit still or lie down, relax, and don't dwell on the thoughts that drift through your head. When you meditate your breath slows down, heart rate slows, blood pressure decreases, stress decreases, and tension in the body decreases. Mindfulness is simply observing and accepting thoughts as they occur without judgment. Instead of worrying about the future or ruminating on the past, mindfulness meditation focuses on the present, blocking out modern-day distractions.

Mindful meditation has many potential physical and psychological benefits for older adults, including better focus, enhanced calmness, less stress, and improved sleep. Research shows that mindfulness and meditation can reduce depression and pain, and boost emotional well-being. It can even help adults come to terms with the challenges of aging.

Meditation stimulates the memory centers within the brain. US News reports that meditation is associated with enhanced short- and long-term memory. A recent study showed that it might even slow down the progression of Alzheimer's. Preliminary evidence suggests that meditation can offset the age-related cognitive decline. Not only does it activate the "feel-good" prefrontal cortex, but it can also actually change your brain to improve focus, creativity, and cognitive function.

Easy Ways to Begin Practicing Mindful Meditation

Carve out time and space for you. Start small, about five to ten minutes each day is enough. Once you're comfortable with it, work your way up to 20 minutes a day.

Start by sitting still or lying down in a quiet place. Take deep diaphragmatic breaths. Focus on inhaling and exhaling, and acknowledge any other physical sensations your body is telling you about. Whether lying down or standing, check-in with your posture.

Make an effort to completely clear your mind. Random thoughts will attempt to distract you. Acknowledge those thoughts with kindness and invite them to relax and release. Feel the breath in your belly. When you're ready, take a moment to give thanks for your body and mind, pat yourself on the back for taking time out for you, and notice how you feel.

[YouTube.com](https://www.youtube.com) has free meditation videos that can help guide you if you need help. There are also many free apps like Insight Timer and Headspace that you can download on your phone.

-from seniorsmatter.com

We're Here.



For all stages of life, for moments big or small. We're Here.

During these unprecedented times, we thank you for doing your part to help flatten the COVID-19 curve. You're protecting your family, your friends and the community by practicing social distancing. But while you're caring for others, it's important to care for yourself as well. For your own good health, it's vitally important that you continue to seek medical care when you need it. That's why we're here. We are here for you.

No matter the need, get safe, quality care with MemorialCare.

877-MYMEMCARE (696-3622)
[memorialcare.org/werehere](https://www.memorialcare.org/werehere)

MemorialCare 

SUPPORT SB RESTAURANTS

With all the COVID-19 rules and stay-at-home mandates, LW residents can support local businesses and find nutritious options by ordering your next meal from one of our local restaurants. The following is a partial list; schedules are subject to change; call ahead to confirm:



**BOEING PLAZA/
LEISURE WORLD CENTER**
• **Denny’s**
Take-out, delivery
Daily, 7 a.m.-8 p.m.
[https://locations.dennys.com/CA/SEAL- BEACH/248599](https://locations.dennys.com/CA/SEAL-BEACH/248599); (562) 493-1490
• **Subway**
Take-out
Hours vary
(562) 430-0011
• **Yasai Japanese Grill**
Monday-Saturday, 11 a.m.-3 p.m.
<http://yasaisealbeach.mobile-webview.com/>; (562) 594-3889

OLD TOWN SEAL BEACH
• **320 Main**
Take-out/ Butcher Pop-up

Tuesday-Sunday, 3-8pm
<http://www.320mainsealbeach.com/>, (562) 799-6246
• **Angelo’s Italian Deli**
Take out/Phone orders only
Monday-Saturday, opens between 10-11a.m., closes between 4-6 p.m., Sunday, 10 a.m.-4 p.m.
<http://kampai123.com/angelositaliandelis/>; (562) 431-1113
• **Athens West**
Take-out/Doordash/Postmates
Daily, 11a.m.-9 p.m.
<https://athenswest.com/>; (562) 431-6500
• **Avila’s El Ranchito**
Take-out/Doordash/Uber-eats Online ordering/curbside
Daily, 3-7pm
<http://avilaselranchito.com/seal-beach/>; (562) 493-8226
• **Bistro St. Germain**
Take-out
<https://bistrostgermain.com/>; (562) 481-1252
• **Bogart’s Coffee House**
Take-out/online order through website
Monday-Friday, 6a.m.-7 p.m., Saturday-Sunday, 7a.m.-7 p.m.
<http://www.bogartscoffee.com/>; (562) 431-2226
• **Calypso Juice**
Take-out/phone orders
Monday-Friday, 7 a.m.-5 p.m., Saturday, 8 a.m.-5 p.m.
<http://calypsosesealbeach.com>; (562) 596-9792
• **Catrina Café**
Take-out/curbside pick-up, free local delivery within 1 mile radius
Tuesday-Sunday, 8 a.m.-2 p.m.
<https://www.catrinacafe.com>; (562) 296-5477
• **Charo Chicken**
Take-out/free doorstep delivery
Daily, 11 a.m.-9:30 p.m.
<http://www.charochicken.com/>; (562) 594-0909
• **Coach’s Sports Grill**
Take-out, curbside pick-up
Daily, 1 p.m.-7 p.m.
<https://www.facebook.com/Coachssportsgrill/>; (562) 431-5266
• **Coffee Bean & Tea Leaf**
Take-out/app online orders
Daily, 6 a.m.-6 p.m.
www.coffeebean.com; (562) 596-4006
• **Cold Stone Creamery**
Take-out/online orders through website and Postmates
Monday- Thursday, 11a.m.-9 p.m.; Fri.-Sunday, 11a.m.- 9:30 p.m.
<https://www.coldstonecreamery.com/stores/20242>; (562) 626-8151
• **Crema Café**
Take-out/online orders,
Monday-Sunday, 7 a.m.-2 p.m.
<https://cremacafe.com/>, (562) 493-2501
• **Dave’s Cosmic Subs**
Take-out
10:30 a.m.-3 p.m.
<http://www.davescosmicsubssb.com/>; (562) 430-8555
• **Donut City**
Take-out
Daily, 4:30 a.m.-1 p.m.
<https://www.yelp.com/biz/donut-city-seal-beach>, (562) 799-7007
• **El Burrito Jr.**
Take-out
Daily, 8 a.m.-9 p.m.

<https://www.yelp.com/biz/el-burrito-jr-seal-beach>, (562) 431-8483
• **Finbar’s Italian Kitchen**
Take-out/Doordash/Grubhub/catering orders, Office Express
Daily, 11a.m.-7:30 p.m
<http://finbars.com/>; (562) 346-2277
• **Gelato Italyano**
Take-out/Grubhub
Monday-Thursday, noon-7:30 p.m., Friday-Sunday, noon- 8 p.m.
<https://www.yelp.com/biz/gelato-italyano-seal-beach>, (562) 270-9666
• **Humblemaker Coffee**
Take-out/online orders
Daily, 7 a.m.-4 p.m.
<https://humblemaker.coffee/>, (562) 430-9009
• **Javatinis Espresso**
Take-out
Monday-Friday, 5:30 a.m.-8 p.m.;
Saturday-Sunday, 6 a.m.-8 p.m.
<https://javatinisespresso.com/seal-beach>; (562) 626-8202
• **John’s Philly Grille**
Take-out/Postmates
Daily, 10 a.m.-7 p.m.
Website: <https://www.facebook.com/JohnsPhillyGrille/>
Call (562) 493-8678
• **Kaito Sushi**
Take-out/call to inquire about delivery options
Daily, 4-8 p.m.
<https://www.yelp.com/biz/kaito-sushi-seal-beach>, (562) 431-8877
• **McKenna’s Tea Cottage**
Take-out, phone orders
noon-4 p.m.
<https://www.mckennasteacottage.com>, (562) 431-0200



• **Nick’s Deli**
Take-out
7 a.m.-4 p.m.
<https://www.nicksdeliburritos.com/>; (562) 598-5072
• **O’Malley’s On Main**
Take-out
Monday-Friday, 3-8 p.m., Saturday-Sunday, noon-8 p.m.
<http://www.omalleysealbeach.com/>; (562) 430-0631
• **Old Town Cafe**
Take-out
7 a.m.-2:30 p.m.
<https://www.yelp.com/biz/old-town-cafe-seal-beach> (562) 430-4377
• **Peachwave**
Take-out
Monday-Friday, 1-9 p.m., Saturday-Sunday, noon-9 p.m.
<https://www.peachwaveyogurt.com>, (562) 430-1010
• **Pierside Press Service**
Take-out
Wednesday-Sunday, 9 a.m.-4 p.m.
<http://piersidesandwich.com/>, (562) 240-5546
• **Rocharin Thai Bistro**
Take-out and delivery
Monday-Friday, 11 a.m.-9:30 p.m.,
Saturday-Sunday, noon-9:30 p.m.
<https://www.rocharinthaibistro.com/>; (562) 596-5156
• **Seal Beach Grill**
Doordash/take-out/call ahead for 10-percent off
Daily, 11 a.m.-8 p.m.
<https://sealbeachgrill.com/>, (562) 794-9393
• **Slice of New York Pizza**
Take-out/deliveries
Monday-Sunday, 11 a.m.-9 p.m.
<http://www.thebestsliceofnewyork.com/>, (562) 493-4430
• **Sushi Ryokan**
Take-out/delivery
Daily, 11:30 a.m.-10 p.m.
<https://www.facebook.com/Sushiryokan1/>; (562) 598-8283
• **Sweet Jill’s**
Take-out/Postmates
Daily, 5:30 a.m.-10 p.m.
<https://www.yelp.com/biz/sweet-jills-seal-beach>; (562) 598-3445
• **Taco Surf**
Take-out/ curbside
Daily, 11a.m.-8 p.m.
<http://tacosurf.com/>; (562) 594-0600
• **The Abbey**
Take-out

Daily, 11a.m.-10 p.m.
<https://theabbeysealbeach.com/>; (562) 799-4246
• **Yucatan Grill**
Take-out
Daily, 11:00 a.m.-8 p.m.
<http://www.yucatangrill.com/>; (562) 430-4422

**OLD RANCH/SHOPS
AT ROSSMOOR**
• **Bamboo Grill & Sushi**
Take-out/delivery
Daily, 11a.m.-8 p.m.
<http://www.bamboogrillsealbeach.com/>, (562) 795-6781
• **Baja Fresh**
Take-out
Daily, 10:30 a.m.-9 p.m.
<https://www.bajafresh.com> (562) 598-1555
• **Bowology**
Curbside/Postmates/Doordash
Daily, 10 a.m.-6 p.m.
<https://www.yelp.com/biz/bowlology-seal-beach-seal-beach> (562) 431-3960
• **California Pizza Kitchen**
Take-out/delivery
Daily, 11a.m.-8 p.m.
<https://www.cpk.com/location/details/Rossmoor-Center>; (562) 430-2695
• **Chipotle**
Take-out/delivery
Daily, 10:30 a.m.-10 p.m.
(562) 375-6983
• **Fortune Cookie**
Take-out/delivery
Sunday-Thursday, 11a.m.-9:30 p.m.; Friday, 11 a.m.-9 p.m.
<https://fortunecookiesrestaurant.com/>; (562) 493-0058
• **Hot Off the Grill**
Take-out
Daily, 7 a.m.-7 p.m.
<https://www.yelp.com/biz/hot-off-the-grill-seal-beach> (562) 493-2722
• **In-N-Out Burger**
Drive-through only, 10:30 a.m.-1 a.m.
<https://locations.in-n-out.com/271>; (800) 786-1000
• **Islands**
Take-out/delivery
Daily, 11a.m.-8 p.m.
<https://www.islandsrestaurants.com/locations/seal-beach> (562) 431-6400
• **Jamba Juice**
Take-out
Daily, 8 a.m.-6 p.m.
(562) 598-2066
• **Jersey Mike’s**
Take-out
Daily, 10 a.m.-7p.m.
[https://www.jerseymikes.com/20269/seal- beach-ca](https://www.jerseymikes.com/20269/seal-beach-ca); (562) 386-0500
• **Romano’s Macaroni Grill**
Curbside pick up, delivery
11 a.m.-9 p.m.
<https://www.macaronigrill.com/locations/location?id=1735> (562) 598-5979
• **Panera Bread**
Take-out/Door Dash/Postmates
Daily, 7 a.m.-6 p.m.
(562) 240-2987
• **Pee’t’s Coffee**
Take-out
5 a.m.-9 p.m.
(562) 546-0007
• **Rubio’s**
Take-out/Doordash
Daily.10:30 a.m.-8 p.m.
<https://www.rubios.com>; (562) 430-9950
• **Santa Fe Importers Italian Deli**
Take-out
Daily, 10:30 a.m.-8 p.m.
<https://www.santafeimporters.com/>; (562) 596-5800
• **Yalla Mediterranean**
Delivery, take-out
10:30 a.m.-5 p.m.
<https://www.yallamedi.com/seal-beach>; (562) 431-2220
• **Yogurtland**
Take-out
Daily, noon-9 p.m.
<https://www.yogurt-land.com/>; (562) 596-8400



Community

PAWS, CLAWS AND BEAKS

Make a tasty treat for your pet



Before giving your pet a “pet-safe” treat to eat, call your vet to make sure that the ingredients are safe for your pet’s individual needs.

Pets enjoy treats just as much as their humans do, and luckily, there are many safe-to-eat snacks pet owners can spoil their pets with. Pet owners can pick up treats from the supermarket or go to a pet-friendly bakery like The Dog Bakery at 4818 2nd St. in Long Beach that specializes in safe and delicious pastries for your pet.

Another way to satisfy your pet’s sweet tooth is by making home-made treats for them. Below are a few recipes to get you started. Remember that it’s always a good idea to check in with your vet before introducing your pet to a new “people” food ingredients to make sure it’s OK for them to have.

Dogs

Peanut Butter and Pumpkin Dog Treats

Prep: 15 m

Cook: 40 m

Ready In: 1 h 40 m

Ingredients:

- 2 1/2 cups whole wheat flour
- 2 eggs
- 1/2 cup canned pumpkin
- 2 tablespoons peanut butter
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

Directions:

Preheat oven to 350 degrees F (175 degrees C).

Whisk together the flour, eggs, pumpkin, peanut butter, salt, and cinnamon in a bowl. Add water as needed to help make the dough workable, but the dough should be dry and stiff. Roll the dough into a 1/2-inch-thick roll. Cut into 1/2-inch pieces.

Bake in preheated oven until hard, about 40 minutes.

Cats

Cheesy Homemade Cat Treats

Makes approximately 50 - 55 treats (depending on how big you cut the pieces).

Prep: 30 m

Cook: 25

Ingredients:

- 3/4 cup shredded cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1/4 cup plain yogurt
- 3/4 cup flour (white whole wheat)
- 1/4 cup cornmeal
- 1/4 cup water, more or less

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine the cheeses and the yogurt (or sour cream), then add the flour and cornmeal.
3. Add enough water to create a workable dough.
4. Form the dough into a ball, then roll out to a square or rectangle 1/4 inch thick.
5. Cut into one-inch sized pieces and place on a greased cookie sheet.
6. Bake approximately 25 minutes.

Birds

Most bird owners have heard from bird experts that a variety of fresh fruits can be a vitally important part of their feathered friend’s diet. However, it’s important to know which varieties of fruits are safe for your bird, and which provide essential nutrients that can help make your pet healthier, stronger, and happier.

Bananas: This long yellow fruit is a favorite of many birds (and their owners!). It’s soft, sweet flesh is almost irresistible for many of our feathered friends, and as a bonus, the peel can make a fun toy for your bird while providing important foraging activity as well!

Berries: Any type of berry that is safe for human consumption, such as strawberries, blueberries, and raspberries, are also safe for your pet birds to snack on. As you might imagine, this can open your pet bird up to a whole new world of flavor combinations and variety. In addition to being tasty, juicy treats, berries are also packed with vitamins and antioxidants, compounds that can help your pet attain a healthy and strong physique.

Cooking Corner

Get creative: Putting a new spin on old recipes

by Anna Derby
LW contributor

According to the New York Times, well over a billion people worldwide are staying home because of the COVID-19 pandemic. It disrupted our normal way of life, like being active and socializing to maintain and sharpen our body and minds.

This pandemic not only disrupted our activities and social lives, but also completely changed the way we grocery shop and cook. Nowadays, getting groceries has become a huge challenge, even if we wear a face mask and gloves to go to the store, we still risk getting the virus from others. It can also be disappointing to take the risk of going to a store only to find out that they’re out of stock of something on your list.

We’ve been hunkered down at our home while trying to make each day productive and interesting. Part of our new daily routine is cooking two to three meals at home. But how can we make the meals we want without going to store to get what we need?

I’ve decided to go back to simple meals, the meals I grew up with, the ones I know like the back of my hand, the meals that I can whip up quickly without even realizing how fast time has passed by.

Simple meals give us a good base to start from and allow us to add in new ingredients and get creative by substituting ingredients we don’t have on hand with what we have in our kitchen. It also allows us to perfect old recipes.

One of the ways you can put a new spin on an old, simple recipe is to take the time to learn how to make the packaged sauces or dressing you normally buy from the store. You will be surprised how simple it is to do. The best part is that by doing this, you can save money and add a fresh, nutritious flavor from scratch to your meals.

For instance, I used to buy potato salad from the store now have been making from scratch and I like it so much more. No



Kimchi fried rice and a salad prepared by Anna Derby



Homemade bread by Anna Derby. Anna encourages LWers to get creative with their recipes and find substitutes for ingredients instead of making an extra trip to the store.

more bread in house? Search Google to see how to bake a loaf of bread. I didn’t have flour since so many stores have spare quantities since everyone started to bake at home. So I decided to get creative with what I had and used baking soda instead of yeast. The result tasted funny but it was workable. The point of this is to get creative and let yourself experiment and make mistakes. That’s where the fun is.

When you look at your pantry, instead of seeing the things you’re missing, look at the things that you already have and think about what you can do with it. A can of tuna can turn into a nice sandwich if you whip it up with some mayo and chopped celery and onion. Have ramen packages in your pantry? Turn it into a good comforting meal by adding onion and egg before eating. You have left over kimchi? Whip it up to make kimchi fried rice to serve with fried egg on top of it.

Potatoes, onions, rice and red and black beans quickly became valuable food items when stay-at-home orders began. Frozen green produce and other items from the Mini Farm have been life savers when it would be hard to get them at store.

The past few months have reminded me to appreciate the simple and smaller things that we have. We don’t know how long it will be before the government and healthcare experts approve of reopening everything without restriction, but until then I am grateful for the front line people who fight each day to protect us from the virus.

When this is over, I hope that we will be more compassionate to others and realize how important it is to have family and friends with us. Hopefully we will be able to share the new creative recipes we created during the days of staying at home.

Have a recipe LWers need to try?
Send your recipe and any story
behind it to laurieb@lwsb.com

VET CARE CLINIC

On-site LW clinic postponed, help available at Vet Care office

The on-site Vet Care Clinic at Leisure World Community Church has been postponed out of concern for the health and safety of residents. Vet Care Clinic Hospital remains open at this time.

Call (714) 312-0613 to set an appointment. Leisure World residents must show LW identification card at the appointment to receive a discount. The address is 12453 Valley View St., Garden Grove, CA, 92845.

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

PAWS, CLAWS AND BEAKS

Avoid leaving your pet in a hot vehicle during the summer months

The Paws, Claws, and Beaks club wants to remind the LW Community about the dangers of leaving your pet in a hot car. Below is information provided by the City of Long Beach Recreational Department on what can happen to a pet in a hot car, and the signs of heatstroke.

Leaving your pet in a parked vehicle can be deadly to your pet, and it is against the law.

Common sense tells most people that leaving their pet inside a parked vehicle on a hot, summer day could be dangerous after an extended period of time. But most people don't realize that the temperature can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On a warm, sunny day windows collect light, trapping heat inside the vehicle and pushing the temperature inside to dangerous levels on an 85-degree Fahrenheit day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees in ten minutes. After 30 minutes, the temperature will reach 120 degrees. At 110 degrees, pets are in danger of heatstroke. On hot and humid days, the temperature in a car packed in direct sunlight can rise more than 30 degrees per minute and quickly become lethal.

It's Not Cool to Leave Your Pet in a Hot Car

Pets, more so than humans, are susceptible to overheating. While people can roll down windows, turn on the air conditioner or exit the vehicle when they become too hot, pets cannot. And pets are much less efficient at cooling themselves than people are.

Heatstroke Symptoms

Heatstroke symptoms include exaggerated panting (or the sudden stopping of panting), rapid or erratic pulse, salivation, anxious or staring expression, weakness and muscle tremors, lack of coordination, tongue and lips red (which may eventually turn bluish in color), convulsions or vomiting, collapse, coma and death.

Emergency Treatment

- If your dog shows symptoms of heatstroke follow these instructions:
- Immediately move the animal to a cool, shady place
- Wet the dog with cool water
- Fan vigorously to promote evaporation. This process will cool the blood, which reduces the dog's core temperature.
- DO NOT apply ice, this constricts blood flow which will inhibit cooling.
- Allow the dog to drink some cool water (or lick ice cream if no water is available)
- Take the dog to a Veterinarian as soon as possible for further treatment

Veterinarians may apply supportive measures such as intravenous fluids to rehydrate the animal and oxygen to prevent brain damage.

In conclusion, while it is fun to take your dog with you on summertime excursions, make sure that you are going to dog-friendly places that will allow you to take them inside so you don't have to worry about them in the hot car. It's safer for your dog, and will give you a peace of mind knowing that they won't suffer from heat-stroke.

FALW

Spots for Veteran's Day picnic on July 4 still available for purchase

FALW will hold a picnic to honor all U.S. veterans living in Leisure World on Saturday, July 4, at 11:30 a.m., at the Clubhouse 1 picnic area to show gratitude for their great sacrifices for our freedom, which Americans enjoy today. This event was started by few Filipino residents in Leisure World some 10 years ago to let them know they are not forgotten. The first picnic was attended by a few veterans. Last year, the number was over 150 with their guests. All veterans and widows of veterans living in Leisure World are invited to join this event.

To attend the picnic, residents must RSVP; when placing the call, include your name, branch of service, phone number and number of guests. The first 75 callers will receive a token gift. For more information call: Ren Villanueva, (323) 854-6209, (562) 493-1406; Ric Dizon, (714) 225-3597; Ed Bolos, (551) 998-4223; or Eileen Merritt, (562) 486-1252.

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

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, May 14

4 pm	Dr. Chung COVID info
4:12 pm	LW's Tina and Tommy sing
5 pm	Harmonizing Humanity #40
5:45 pm	Sewing Brigade- LW
6:20 pm	ShelteratHomeEntertainment
6:31 pm	Sea Inside
7 p.m.	Life and Times: Lawhead Brothers
8 pm	On Q—8bit Jazz Heroes
9 pm	Americana Awards
10 pm	Bob Cole Conservancy
Friday, May 15	
4 pm	LW's Rollin' Thunder
4:10 pm	Velvetones Concert
5 pm	Beginning of Leisure World
5:15 pm	ShelteratHomeEntertainment
6 pm	Mystery at the Theater
6:32 pm	Sea Inside
7 pm	Seal Beach City Limits Richard Hastings
8 pm	LifeandTimes- Lawhead Brothers
9 pm	Cerritos Center-Golden Dragon Acrobats
10:37 pm	Cerritos Center-The Four Tenors

Saturday, May 16	
4 pm	LW's Rollin' Thunder
4:10 pm	LW's Velvetones Concert
5 pm	McGaugh Patriotic Show
6 pm	LW's Tina and Tommy Sing
6:45 pm	Dr. Chung COVID info
7 pm	Ocean Perspectives
8 pm	LAUSD
10 pm	Cerritos Center-Matt Mauser
Sunday, May 17	
4 pm	SB City Council Meeting replay 5-11
5:30 pm	Beginning of Leisure World
5:45 pm	McGaugh 1st Grade Concert
6:30 pm	McGaugh Go West!
7:30 pm	LifeandTimes- Lawhead Brothers
8:30 pm	Cerritos Center-Riders in the Sky
10:15 pm	Americana Awards

Monday, May 18	
4 pm	LW's Sewing Brigade
4:35 pm	Aquarium of the Pacific
5 pm	Vintage Vehicles
6 pm	Ocean Perspectives
7 pm	SB Planning Committee Meeting LIVE
9 pm	Cerritos Center-In the Mood
11:10 pm	National Parks/Drone Club
11:30 pm	Vintage Vehicles
Tuesday, May 19	
4 pm	LW's Sewing Brigade
4:35 pm	National Parks/Drone Club
5 pm	LW's Tina and Tommy Sing
5:45 pm	ShelteratHomeEntertainment
6 pm	McGaugh - Go West!
7 pm	McGaugh Patriotic Show
8 pm	Cerritos Center-Matt Hauser
10 pm	Cerritos Center-In the Mood
11:40 pm	Sea Inside

Wednesday, May 20	
4 pm	LW's Sewing Brigade
4:35 pm	Shelter at Home/ Dr. Chung
5 pm	Beginning of Leisure World
5:15 pm	LW's Tina and Tommy Sing
6 pm	National Parks/Drone Club
6:30	Aquarium of the Pacific
7 pm	On Q-8bit Jazz Heroes
8 pm	Seal Beach City Limits-Richard Hastings
9 pm	Cerritos Center-Golden Dragon Acrobatics
10:37 pm	Cerritos Center-The Four Tenors

*All programming is subject to change.

Main Gate: 594-4754

GOLDEN AGE FOUNDATION

Ralph's Reward Program can now be completed over the phone

In order to provide services, the Golden Age Foundation needs to raise funds. There are two easy ways to donate funds to GAF without any cost to donors.

Since March 16, the LW community has been asked to stay home and practice social distancing due to the COVID-19 virus. It made cooking from home an essential way of life and now there's a bigger need for grocery shopping than before for each household. While many shareholders spend a lot of money on groceries, there's a way to help to donate to GAF while grocery shopping without having to pay extra to GAF.

One of the ways that people can help GAF is through the Raph's Community Rewards Program. Sign up on www.ralphs.com. People will need their Ralph's Rewards Card number to register or the phone number associated with the account.

Those who don't have access to the Internet can sign up by phone registration. Ralph's Rewards registration number is (800) 443-4438. Be sure to let them know the GAF non-profit organization (NPO) number with Ralph's is FS 519.

This is a great opportunity for residents to help GAF as it works to enrich the lives of other Leisure World residents. Ralphs has announced that it is committed to giving \$2 million to NPOs over the next 12 months through their Community Contributions program. Just by signing up and doing their normal grocery shopping at Ralph's, LWers can help GAF obtain a portion of these funds at no additional cost.

The *Smile.Amazon.com* program is another unique, charitable award program for qualified non-profit organizations like the GAF.

By enrolling in *Smile.Amazon.com* and indicating the charitable organization as the Golden Age Foundation Seal Beach, every time someone shops on Amazon, the company will donate a percentage of the purchase to GAF without any additional cost.

Here's how to sign up for the Smile.Amazon.com program

1. Go to smile.amazon.com
2. Sign in with your existing Amazon account information. If you don't have an Amazon account, you can create one at www.amazon.com. It's easy and free!
3. Type in Golden Age Foundation, Inc. as the charity you'd like to support.
4. Make sure the location is Seal Beach, CA.
5. Click save, and then you're done!
6. Once completed, make sure to type in www.smileamazon.com each time you want to order something from Amazon when you shop.

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

The Golden Age Foundation (GAF) is a non-profit 501(c)(3) charitable organization dedicated to making the Leisure World Seal Beach community a better and happier place in which to live.

COMMUNITY STRONG

Volunteers for mask-making still needed, donations are welcomed

The Golden Age Foundation and Diana Harrison are looking for mask-makers to give away cotton face masks to their fellow neighbors,

Diana Harrison from Mutual 5 has been contributing her expertise and time for the LW community by coordinating a project to sew the cotton face masks that LWers have been asked to wear whenever they leave the house.

A number of shareholders have been helping the community behind the scenes, sewing masks for health care workers and now, the LW community. However, there is a need for more volunteer mask-makers, and delivery people.

The Golden Age Foundation is looking to collect 1,000 cotton washable face masks in conjunction with Diana Harrison who oversees this project.

"We are in need of sewers by machine or by hand, fabric and elastic cutters. We also need donations of thread," Diana said. "This will ensure every shareholder will have one or two masks."

Diana also wanted to thank those who have already made donations and volunteered their time. Last week a kind woman from Mutual 12 donated a sewing machine. The recipient is making masks and grateful for the new sewing machine.

The masks will be donated to the community. The Golden Age Foundation, a charitable organization within LW, will help offset costs and assist in distributing the masks.

Those who want to get involved can get in contact with Diana Harrison at dianaharrison714@gmail.com or by phone at (714) 497-6642. Interested volunteers can also contact Sharon Kohn at (562)596-1969 or Laura Sporcich at (562) 598-7695.

E-mail COMMUNITY stories to **laurieb@lwsb.com**

DEMOCRATIC CLUB

LW voters brought surprises during Primary Election choices

by Mary Larson
LW contributor

As promised, this week's Democratic Club article deals primarily with the results of the March 2020 Primary Election. Of special interest will be the report as to who Leisure Worlders preferred as their candidate for president of the United States.

There were 4,064 votes cast in March by Leisure World residents as to their choice for a presidential candidate. Only 28 of those votes were for a candidate running in one of the minor parties. There were 60 more votes for a Democratic candidate than a Republican.

Donald Trump received 1,887 votes of the 1,988 cast for a Republican candidate. Democrats running for president received 2,048 votes. Top voter getter among the Democratic candidates was Joe Biden with 594 votes, followed closely by Mike Bloomberg with 553 votes. Sanders and Warren came in third and fourth, with 320 votes for Sanders and 200 for Warren.

The vote as to who would make it to the November General Election as candidates for the California Assembly was somewhat of a surprise. District 72nd incumbent Tyler Diep lost out to two women in the Leisure World vote, as he did district wide. In what turned out to be a cliff hanger, former state senator Republican Janet Nguyen received 132 more Leisure World votes than the Democratic Party endorsed candidate Diedre Nguyen. This means there will be two candidates on the November ballot with the same last name. Bijan Mohseni who also ran as a Democrat, despite not being endorsed by the Party, received 414 Leisure World votes which would have been enough to put Diedre in the lead in LW if he had not entered the race.

Probably the closest watched Primary Election race was the contest for Congress in the 48th Congressional District. Incumbent Harley Rouda, who had handily defeated Dana Rohrabacher two years ago, got 161 less Leisure World votes than challenger Michelle Steel. However, Rouda was the top vote getter in the District as a whole.

Watch this space for more information in coming weeks about the Democratic Club's plans for the November General Election.



2020 Democratic Presidential Nominee Joe Biden

The Leisure World Democratic Club is still interested in hearing from its members and supporters as to how they are managing during this new reality of enforced isolation. Please share your story by emailing the club president, Mary Tromp, at lwsbdemocraticclub@gmail.com. If you want to stay informed and are interested in receiving the Club's newsletter on a regular basis, email the editor, Mary Larson, at mlarson.telfords@gmail.com with your contact information.

TRAVELING TIGERS



Nancy Floyd is a 10 year member of the Traveling Tigers Club and visited her home country of the Philippines Islands.



Nancy Floyd with sweet sticky rice made with coconut on Luli island in the Philippines.



Some of the seafood that the Traveling Tigers Club enjoyed while on a tour to the Philippines Islands

Members of Traveling Tigers Club share memories before Stay at Home restrictions

by Joanna Matos
LW Weekly Contributor

Nancy Floyd, a 10 year active member of the Traveling Tigers club, booked a spot on the club's tour recently to the Philippines islands, where she was born, raised and educated in the capital city of Manila. Nancy last visited her home country and her family of six brothers and two sisters in 2012. The nine members of the tour group appreciated Nancy as she interpreted many meal menus, tourist signs, souvenir buying and some language. Filipino food is a fusion of Spanish, Asian and American culinary influences.

Pictured is Nancy with a sweet sticky rice confection made with coconut on Luli island. She shows the cutting technique of a raw coconut on the island of Boracay. Her favorite Filipino food is Sini-gang. A fish, vegetable, tamarind soup. Other popular dishes that Traveling Tigers had were Pancit, a rice noodle; lechon, a pork dish stuffed with lemongrass, garlic and onion; lumpia, a spring roll filled with savory or sweet fillings, and adobo, a cuisine of meat marinated in vinegar and soy sauce. Everyone liked Halo-Halo, a cold dessert of crushed ice, evaporated milk, fruits and

coconut. President Edward Hickman found his all time Filipino restaurant, Jerry's Grill on Cebu and Boracay Islands, also in Manila. The Traveling Tigers group has eaten at Gerry's Grill in Cerritos and met the Filipino owner.

Editor's note: For the next few weeks the community section will highlight past trips from the Traveling Tigers Club. All trips were taken before the stay at home orders were in place. The club does not encourage traveling at this time, but looks forward to when they can explore new places with friends once again.

E-mail your TRAVEL stories, no more than 650 words, to rutho_news@lwsb.com

Obituaries

In Memoriam

- Robert Cohen 44
 - Soon Kim 84
 - Richard Regan 73
 - Lori Martinez 61
 - Henrietta Kumiyama 57
 - Thomas Logsdon 82
 - Elizabeth Blake 73
 - Fred Becker 71
 - Laverne Shrum 94
 - Michael Robinson 74
 - Lenore Peters 90
 - George McDermott 70
 - Margaret Miller 85
 - Victoria Cooper 26
 - Jo Ann Kittredge 82
- Families assisted by McKenzie Mortuary, 961-9301
—paid obituary

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.

Space is available for obituaries of residents and former residents.

• An "In Memoriam" column is available free of charge. Limited to name, mutual number

Arts & Leisure

Enter the Arise Smizers Contest

It's a new norm: Leisure World residents are required to wear masks when conducting essential business. And going to the grocery store is now considered essential business. In fact, authorities are highly recommending that people wear masks anytime they are not at home. These rules are meant to reduce the spread of the coronavirus, and that's important. But wearing a mask can seriously disrupt non-verbal expression. No one can see us smile.

It's time to master the art of "smizing," or smiling with your eyes and enter the GRF Smizers Arise photo contest, which is open to all residents, HCC members and GRF staff. There will be prizes for the most creative way to say hello, for the best smizer overall, and for the most imaginative mask.

Once all submissions have been catalogued and indexed, the Video Producers Club will take over and create a slideshow for the LWSB website and other community outlets. The LW Weekly will do a photo spread of the best entries before the Recreation Committee chooses the winners (prizes tbd).

The winners will be honored at a GRF Board meeting, where the winning entries will be ratified, and prizes presented.

- Here are the rules:
- Selfie must be taken wearing a face covering
 - If you are technologically challenged, a friend may take your photo for you
 - No more than two submissions per household or one per employee
 - Photos must be emailed to events@lwsb.com. Hardcopies not acceptable.
 - Entries must be received by the close of business on May 29.
 - Entries must conform to the GRF Code of Conduct (nothing crude or vulgar)
 - GRF Board members are not eligible as they serve as judges
- For more information, email kathyt@lwsb.com.

Sewing Room Open by Reservation

In light of a number of gracious volunteer shareholder/members desiring to help their neighbors by making masks for the community, GRF is offering the use of the Sewing Room in Clubhouse 3 under strict guidelines:

- Only two people at a time will be permitted in the Sewing Room.
 - The room is open between 8 a.m.-3 p.m. weekdays.
 - Mask makers must make reservations by emailing kathyt@lwsb.com.
 - Each person will be permitted two hours of sewing machine use per shift unless there are no other reservations.
 - If you have not purchased the required sewing kit, GRF will lend one to you.
 - People must sign in and sign out with the custodian each time.
 - Fifteen minutes between reservation slots are allotted for the custodian to sanitize the touch surfaces.
- For more information, call (562) 431-6586, ext. 398.

LW GARDEN CLUB

Members give more than usual to We Care

Leisure World Garden Club meetings, tours and events remain canceled until further direction from GRF on the opening of clubhouses.

This is in response to the ongoing COVID19 virus. Previously scheduled speakers and events are on hold until it is safe to reopen.

The Garden Club believes in following government instructions to practice social distancing and will adhere to the guidelines set by GRF and the state government to help prevent the virus spread and for the safety of members.

Since there are so many people in need of support, the board has decided to give a generous donation to We Care, a non-profit organization that pools the resources of the community to meet the emergency needs of families and individual.

This will be in place of the usual donation in November. The donation comes from the entire membership and is budgeted for and set aside each year, so thanks to everyone. Anyone wishing to donate money or items can call Barbara Glass, (661) 917-3674, who will continue to deliver any items received.

The Garden Club Board is looking forward to returning and starting a new year. Membership letters will be sent out as soon as possible.

For more information, call Dee Steinbrecher, 430-2400.
—Nancy Goldstein

ZOOM CLASSES

Learn how to connect digitally

Miss seeing your loved ones? Miss interacting with your family and friends?

Then come learn about Zoom, the easiest free video conferencing app that requires no previous technological experience.

Bonnie Z. Cooper and Miryam Fernandez will demonstrate how to use it with easy step-by-step directions on Tuesdays at 10 a.m. (by invitation only)

- Requirements:
- 1) You must have a valid email.
 - 2) You must have a device with Internet (smartphone, iPad, laptop, desktop, Windows or MAC).
 - 3) You need to email instructors at Learnzoom101@gmail.com to get an invitation.
 - 4) Once the invitation is received, open it and click on the blue link and we'll Zoom on!
- Miryam Fernandez

LW Weekly

The Leisure World Weekly office is closed to the public but staff can be reached by phone and Internet. Classified advertising is accepted by telephone at (562) 430-0534. See page 4 for editorial contact information.



Martin Rozendaal of Mutual 1 shot this photo of a roadrunner in his carport. He is familiar with the species, a member of the cuckoo family native to the Southwestern desert, because he often saw them at his home in Cabo San Lucas, Mexico. This roadrunner stopped and let Martin take its picture. The bird gained its name from its habit of running on the road toward cars; they can run at speeds in excess of 25 miles an hour.



Janie von Seggern of Mutual 9 sent this picture of a colorful caterpillar noshing away in her garden. "All of a sudden he turned, looking at me, as if to say, 'I'm ready for my closeup! The metamorphosis this caterpillar will go through when it transforms gives me hope that life will be much like a beautiful butterfly when the world returns to its rightful place.'"

WOULD YOU NOTICE IF PILLS WERE MISSING?

MONITOR

Take inventory of medications. Keep track of any missing and quickly-used medications.

SECURE

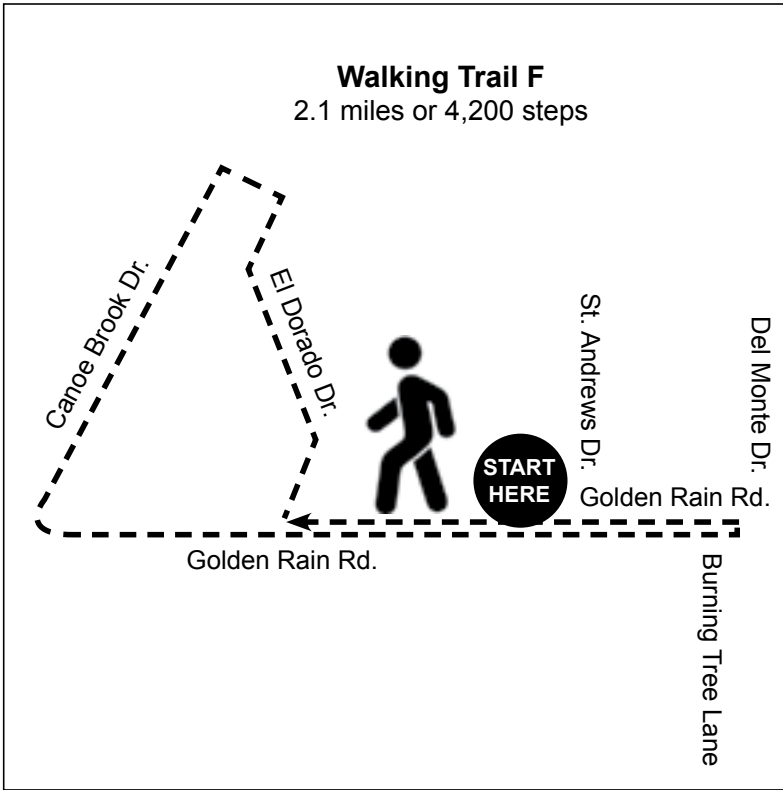
Lock up medications to reduce access. Do not leave them in a bathroom or the kitchen.

DESTROY

Destroy your unwanted or expired medications:

1. Pour unwanted or expired medications into a zip bag.
2. Pour hot water (over 110° - as hot as coffee) into the bag.
3. Insert kitty litter into the bag. Seal bag and place in trash.

Rx for Prevention
(714) 834-4058



Walking Routes in LW

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 for trails reprints, like the one above. For more information, contact kathyt@lwsb.com.



The Golden Age Foundation sponsors a shredding service for LW residents. The next one is set for June 4. It will be drop and go, so people do not have to wait.

GAF

Drop-and-go shredding service is June 4 at CH 2

The Golden Age Foundation will sponsor a free shredding service from 10 a.m.-noon in the parking lot of Clubhouse 2 on Thursday, June 4.

People can drop their documents and leave, with no waiting in line.

GAF volunteers will be on site to help shareholders with their documents for disposal.

Because of the COVID-19 pandemic, social distancing will be strictly enforced, and shareholders must wear masks when they drop off their papers.

The following rules will be in place:

- All shareholders are asked to drop and go.
- There will be no chairs to sit on; and no line will be allowed.
- GAF volunteers will guard the bags until truck arrives to pick them up.
- People should remove staples and paper clips for documents.
- Electronic devices will not be accepted.
- Contaminated bags will not be accepted.

Small household batteries may be disposed of at this event.

The next shredding event will held Oct. 1. The GAF sponsors the service every four months.

The Golden Age Foundation is a nonprofit 501(c)(3) charitable organization dedicated to serving the special needs of Leisure World shareholders. It was established in 1973 by the Golden Rain Foundation Board of Directors.

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

LB Pops! Discount 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.

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 subscriber-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.

Video Producers Zoom Classes

The Video Producers Club is using Zoom videoconferencing to conduct free classes for residents and to enjoy a social hour.

You are welcome to join a virtual social hour using Zoom every Saturday from 5-6 p.m. hosted by Joseph Valentinetti. For a personal invitation, email 0501042@gmail.com to secure space in the room. Bring your own drinks.

Join iPad expert Fred Carpenter every Monday at 2 p.m. for a free online virtual meeting. Learn how to use all the features of your iPad including Zoom videoconferencing. Contact Fred Carpenter at sail1942@gmail.com for more information and to reserve a virtual seat in his class

Join Joe Osuna every morning at 10, Monday-Friday, for a free one-hour session to learn Zoom with your Windows laptop or Android cellphone. There are also participants who can share their experiences with iPads and iPhones. Contact Joe Osuna at joosuna29a@gmail.com to reserve a virtual seat in his class or for more information.

—Joe Osuna

Readers Write Book Reviews

Books can be great insulation from the far-reaching impacts of stay-at-home orders in the time of COVID-19. Have you just finished reading an earth-shattering novel and are itching to let others know what you thought about it?

You are not alone. The LW Weekly is calling all bookworms to write interesting and engaging reviews for fellow readers.

Send your reviews to rutho_news@lwsb.com, and we will run them as space allows. Reviews will be edited for brevity and clarity. Books can be ordered from the LW Library as part of its curbside pickup program or digitally through the OC County Library System.



OC Library Free Audio/Ebooks

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

Free Audio and Ebooks

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

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

Find audiobooks and e-books, check them out, download them, and access them through the easy-to-use Libby app from OverDrive. People can borrow thousands of ebooks and audiobooks instantly for free, using their cell phones.

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

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

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

LW Library Curbside Pickup

LW residents can now order materials for curbside pickup. 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; 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 or select similar items. The library is closed but staff is available to answer questions via phone or email Tuesday-Friday from 9:30 a.m.-3:30 p.m.

Friends of Library Bag of Books

Friends of the Leisure World Library volunteers will deliver a bag of books for \$5 to residents upon request. People can ask for their favorite authors or genre and volunteers will deliver them. There is a large collection of large print books featuring favorite authors and different types of fiction. The Friends exist to help fund the LW Library and provide two library science scholarships to local schools.

To order a bag of books for \$5, contact floconley@gmail.com or call (714) 350-7682 and let her know your favorite authors and kind of book (i.e. romance, mystery, historical fiction, etc.).

Friendship Club

Due to current circumstances, there will be no Friendship Club classes until further notice. But members are seeking ways to bring virtual classes to residents. In these days of social distancing, the club is considering a survey to ascertain resident interest in virtual classes that teach beginners how to use digital media.

For more information on that and to join the email list, contact Jeff Sacks at jfsacks@gmail.com or call (714) 642-0122. For general information, contact instructors Miryam Fernandez at mzzmimm@gmail.com or (562) 884-7460; and Bob Cohen at bob@bobology.com. Cohen offers free technology training at www.bobology.com.

May is Bike Safety Month

Despite shelter-in-place orders that are now in effect, many residents need to run errands or go outside to exercise.

May is Bicycle Safety Month, and Seal Beach Police Department is encouraging those out walking, driving or riding their bikes to look out for one another while practicing social distancing measures.

"Biking is a great way to get fresh air and exercise, but keep in mind others are staying at home too and have the same idea," Chief Phil Gonshaks said. "It's important to keep you and your family safe by remaining aware of your surroundings even though there's less vehicular traffic."

Seal Beach Police suggest the following tips to help keep you and your family safe:

- Always wear a helmet and never ride impaired.
- Follow social distancing measures and maintain at least six feet of physical space between other riders and those out walking.

BIKE, page 24

PLEASE DO NOT LITTER

Please place used gloves and face masks in refuse bins. Now more than ever it is critical that we properly dispose of used hygienic supplies in the trash.

I am an actor born in Toronto, Canada, on May 5, 1970. I gained fame on an arresting television series and a popular Tina Fey-driven series, and later I appeared in many films both in-person and as a voice actor. My deep voice lent itself well to a Lego movie hero.

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

Level: Advanced

Puzzles & Comics

Answers on page 20

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

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to arthritis.

Each number corresponds to a letter.

(Hint: 19 = i)

A. 26 9 2 4 9 19 2 19 1

Clue: Joint stiffness

B. 22 26 19 17

Clue: Discomfort

C. 23 12 19 17 2 1

Clue: Where bones meet

D. 11 12 2 19 12 17

Clue: Movement

Boggle®
BrainBusters!™

B	U	P	H
W	O	I	S
G	O	K	E
A	G	L	M

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 RATING

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

By David L. Hoyt and Jeff Knurek

O	X	P	T	T
F	T	H	B	O
I	P	R	A	V
E	L	T	O	H
A	D	E	C	A

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find A, B, C, D, E AND F IN RADIO LINGO in the grid of letters.

8-25-19

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

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

WORDS

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

Meals At-A-Glance

Grab 'n' Go Schedule
Weekdays, Monday-Friday
Saturday Lunch
Clubhouse 6 Parking Lot

- Monday: Viking Dog Truck—Gourmet hot dogs, brats and loaded tots, 4-6 p.m.
- Tuesday: Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m.
- Wednesday: Gourmet Renee—American cuisine, homemade soups and desserts, 4-7 p.m.
- Thursday: Hof's Hut, lunch and dinner selections, 11 a.m.-1 p.m.; can pre-order online
- Thursday: Domino's Pizza – Call ahead for special orders; wings and salads offered; 3:30-7 p.m.
- Friday: Koffel's Food Service – Special Friday menus weekly, 5-7 p.m.
- Saturday Lunch: Domino's Pizza – Call ahead for special orders, (562) 493-2212; wings and salads, too, noon-2 p.m.
- Saturday Dinner: Naples Rib Company, barbecue, salads, sandwiches, 4-6 p.m., order ahead online, <http://www.ribcompany.com/leisure-world-menu.asp>
- Sunday: Koffel's Food Service – Special Sunday menus weekly, 5-7 p.m.

All Grab 'n' Go events will take place, rain or shine. If it rains, Clubhouse 6 will be open. People are asked to 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/>.

Briefly Speaking

North Gate is Closed

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

Minibus Service is Running

Minibus service is uninterrupted by coronavirus-related closures.

Service hours have been changed, and people must wear masks and distance themselves from others; for more information, call 431-6586, ext. 372.

GAF Mobility Aids

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 to minimize person-to-person contact.

LW Poetry

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, Room 1, for poetry, fiction and non-fiction; business meeting follows.

Spring Training

The off-season snuck in and stole
The name of the second baseman of the Angels...
I know I liked him a lot last year,
Good fielder, turned double plays with Simmons,
A contact hitter, always
Put the ball in play, a real hustler...
Pretty sure it started with an F, but
For the world of me, I can't come up with his name.
I CAN tell you, he should be this year's lead-off batter
With all those power hitters behind him,
Trout and... uh... Pujols... and... uh...
The guy they traded for, third base I think... and... uh...
Well... yeah... a bunch of guys.

Spring training.

Starts with an F. A short guy.
Help me out here. He's good. I like him.

—Fred Wind

Did You Know?

Only 3.6 percent of people over 65 years old are in nursing homes. Elderly men are likely to live with a spouse while elderly women are more likely to live alone, according to the Administration on Aging.

SCRABBLE G R A M S SOLUTION

S1	W4	A1	Y4	F4	U1	L1	RACK 1 =	74
A1	R1	D2	U1	O1	U1	S1	RACK 2 =	58
C3	U1	T1	L1	A1	S1	S1	RACK 3 =	59
T1	R1	E1	A1	C3	L1	Y4	RACK 4 =	74
M3	A1	T1	C3	H4	U1	P3	RACK 5 =	66

PAR SCORE 270-280 TOTAL 331

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

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

Guess Who?

Answer: Will Arnett

Crypto Fun Answers

A. arthritis B. pain C. joints D. motion

Boggle BrainBusters Answers

ALPHA BRAVO CHARLIE DELTA ECHO FOXTROT

Word-Find Answers

Word-Find grid with various words circled and highlighted.

Crossword Answers

Crossword grid with answers filled in.

Sudoku 1 Answers

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

The Basic Rules of Sudoku:
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 51 boxes contain numbers and the other Sudoku rules have been followed.
• When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
• Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
• Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
• Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Jumble Answers

GUEST BRISK FRIGID BROKEN
The fascinating documentary about frogs was — "RIBBITING"

LAWSUIT
from page 1

It will be replenished as new residents move in.
We have updated the frequently asked questions below. If you have any additional questions, please send them to questions@lwsb.com.

Frequently Asked Questions

Q1: Why was the Golden Rain Foundation sued?

A1: The Golden Rain Foundation was sued in October 2017 by a former employee and was joined later by a current employee for what they asserted were wage-and-hour violations.
The lawsuit asserted GRF had not provided proper meal and rest breaks to employees and failed to compensate employees for the resulting overtime.

Q2: How did this happen to the Golden Rain Foundation?

A2: Golden Rain Foundation consulted with its previous labor lawyers routinely to ensure its employment procedures were in compliance with California's stringent and ever-changing workplace rules.

Evolving judicial interpretations of employee meal and rest-break laws led to the lawsuit against GRF and nearly 8,300 similar wage-and-hour lawsuits against companies big and small in 2017?

Q3: Specifically, what did the lawsuit say the Golden Rain

Foundation did wrong?

A3: The primary claim is the Golden Rain Foundation employees periodically did not receive or take mandated meal and rest breaks or worked through them to complete their shifts and leave work early. These are referred to as "on-duty meal period agreements" under California law.

Q4: Why is the Golden Rain Foundation settling this lawsuit now?

A4: In consultation with our attorneys, the Golden Rain Foundation Board concluded that settling the lawsuit would eliminate a potentially costly, lengthy legal fight and remove the financial uncertainty that would complicate its future budgeting process. It's important to know that there is scant reported case law on the application of so-called "on-duty meal period agreements" under California law.

Recent rulings have held businesses liable for fees and damages even if the employer's mistakes were minor or made with a good faith belief that its practices were legal.

Q5: What is the amount of the settlement?

A5: The Golden Rain Foundation will pay a settlement of \$550,000.
The plaintiffs' lawyers will receive about \$183,000, the firm administering the settlement will receive about \$20,000, eligible former and current employees

will receive estimated payouts ranging from \$100 to \$1,900 each. The two named plaintiffs will each receive an additional \$5,000.

Q6: How does the Golden Rain Foundation plan to pay the \$550,000?

A6: The Golden Rain Foundation will use its Capital fund to pay the settlement.

Q7: Were there other ways by which the GRF board could have paid the settlement?

A7: Yes. GRF could have created a special assessment of \$3.50 per apartment, per month, for two years to fund the settlement. Since the board had no immediate plans for additional new projects, it chose to cover the settlement by using the Capital fund.
The fund is a dedicated source of predictable revenue and can be systematically replenished.

Q8: Will the settlement impact residents' fees?

A8: We were clear that no assessments, or fees, would be used to pay the settlement. The money to pay for the settlement will be taken from the GRF Capital fund. This is money paid solely by new buyers through the one-time membership fee all members pay when they first move into their units. This Capital fund typically is used for new projects and assets. It will be replenished as new residents move in.

Q9: Did GRF take other

financial steps to ease the economic effects of the judgment?

A9: Yes. When the GRF learned of the likely settlement amount, it asked all GRF departments to reduce their budgets by 10 percent.

Q10: When will the payments be made?

A10: Once the settlement is finalized, a court appointed Payments Administrator will identify and locate eligible employees. We expect payments to be mailed beginning in late summer.

Q11: Which employees are eligible for settlement payments?

A11: Approximately 400 hourly employees who worked for the Golden Rain Foundation between October 30, 2013, and July 16, 2019, are eligible for payments ranging from \$100 to \$1,900 each.

Q12: Have the underlying wage issues been resolved?

A12: Yes, upon receiving the lawsuit and in consultation with our attorneys, Golden Rain Foundation undertook to comply with the current interpretation of wage regulations for employee meal and rest breaks.

Q13: What did the plaintiffs initially demand in their lawsuit?

A13: The two plaintiffs initially demanded several million dollars to resolve the case.

GRF negotiated a much smaller settlement because we have legitimate legal arguments that our pay practices were lawful.

Q14: How does the settlement compare with other companies?

A14: In the years leading up to 2017, there was a 400-percent increase in lawsuits associated with different interpretations of meal and rest-break wages.
In the year GRF was sued, nearly 8,300 similar lawsuits were filed against companies big and small, with settlements totaling \$2.27 billion. A lawyer described wage violations suits as "cash cows for plaintiffs' attorneys." It is not just big, national companies, a Brea-based carwash company paid \$4.2 million, a Temecula nail spa paid \$1.2 million and an Anaheim auto-towing company paid \$4.9 million.

Q15: Will the settlement payment affect the swimming pool construction?

A15: No, the money for constructing the swimming pool is set aside in this year's budget. Even after paying for the pool, the Capital fund totals about \$2 million.

Q16: Are there changes shareholders should make when they engage with employees to comply with the changed meal and break processes?

A16: In short, please do not interrupt employees who appear to be on a break or eating lunch.

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SB Tennis Center is Open

As part of the City of Seal Beach’s Roadmap to Recovery plan, the Seal Beach Tennis Center reopened on May 11.

The reopening will be done in phases.

Due to the outbreak of the COVID-19 virus and subsequent executive order for all California residents to stay at home, the Seal Beach Tennis Center has been closed to the public.

During this closure time there has been no access to the facility for any purpose. All lessons, tournaments, court rentals and community activities at the facility have been canceled.

The Seal Beach Parks and Recreation Department has created a phased plan to reopen the Seal Beach Tennis center and other tennis courts at Marina Park, Heather Park and McGaugh

Elementary School. Parks and Recreation staff consulted with the U.S. Tennis Association for guidance on best practices to proceed.

The plan was approved by the Seal Beach City Council.

Phase One of the Tennis Center reopening plan began Monday. Phase One consists of:

- Access by Tennis Center members only, no guests permitted during this phase.
- Only court activities available, no access to gym, locker rooms, club house, drinking fountains or activity room.
- Members are asked to come to the center, play tennis and, promptly go home after play.
- All users will maintain social distancing.
- Best practices such as use of new balls, no sharing of equipment and bringing your own water is recommended.
- Teaching will be limited to private and semi-private only.
- Only two pickle courts will be added to one tennis court. There are currently four courts on one tennis court.

The temporary hours of operation for the Seal Beach Tennis Center are Monday-Friday, 8 a.m.-1p.m. and 6 p.m.-8:30 p.m., and Saturday and Sunday, 8 a.m.-1 p.m.

Once the city determines it is safe to do so, the tennis center will transition to a Phase Two opening. During this phase, guests will be allowed (fees must be paid in advance over the phone by credit card with Tennis Center Staff), league play will be permitted (no congregating), and group lessons and drop-in drills will be permitted (four players max and must reserve in advance with staff).

Phase Three will consist of a full reopening of the tennis center with social distancing and hygiene measures in place. Locker rooms, clubhouse, patio, fitness gym, ping pong tables and video games will reopen. Tournaments will be permitted, food and drinks will be sold, cash payments will be accepted, high school teams and practice/games will be allowed, and water pitchers and sweat towels will be provided.

Public courts at Marina Park, Heather Park and at McGaugh Elementary School also reopened May 11. The courts will be available for drop-in play only. When using courts it is important that the public continues to practice social distancing.

This is an adaptive re-opening plan, and each phase will be enacted as warranted and on a trial basis.

The city will advance to the next phase only if the Seal Beach City Council believes the activities can be managed to comply with the then-current directives regarding social distancing and large gatherings. If the tennis center or courts are recognized as a public health hazard, the city manager, as the director of emergency services may close the courts until further notice.

For more information about this reopening plan, the Tennis Center, or other recreation activities, contact Seal Beach Recreation Manager Tim Kelsey at (562) 431- 2527 ext. 1341 or tkelsey@sealbeachca.gov.

REOPENING from page 1

- All touch services will be cleaned before the next appointment
- As the lobby area will be open, restrooms will be cleaned in accordance with new protocols

Finance

- *Hours*
 - Lobby Service —9 a.m.-4 p.m.
- *In-person Service*
 - No more than 2 people may be in the customer service area at any time.
 - All touched services to be cleaned after each customer service interaction.

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- *Hours*
 - Window Service—8:30 a.m.-4 p.m.
 - Interior Service—9 a.m.-3 p.m.
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 - By appointment only.
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- *Decals by appointment*
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- Security Main Gate – In-person access remains closed

Members Resource Liaison

- Office remains closed for in person appointments.
- For assistance, call (562) 431-6586, ext. 317.

GRF and Mutual Administration

- 2nd floor of the Administration Building remains closed.
- All GRF and Mutual Board interaction is limited to virtual methods only.

Service Maintenance/Fleet/Purchasing

- Core functions are continuing, but area remains closed to all members and guests.

Transportation

- Bus Service to operate on limited schedule that started May 11 (see article in the May 6 edition of LW Weekly).

Communications/IT

- *Communications*
 - Offices remain closed to the public.
 - Only virtual communications.
 - For information on LW Weekly, call (562) 430-0534.
- *IT*
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 - Only virtual communications.

Recreation

- Offices remain closed to the public.
- Trust Property Amenities remain closed.
- Library—curbside services only, (562) 598-2431.

Lastly, a clear majority of our community members are in the “at risk” category.

The need to slowly restore services and access to amenities may prevent COVID-19 infection and ultimately save lives. This comes at a cost, your patience, understanding and mutual support.

We are trying to move forward by focusing on community health and safety and taking all known factors under consideration.

Weekly updates will be provided.

BIKE

from page 17

- Be seen: wear brightly colored clothing and have bike lights handy (front white light and rear red flashing light or reflectors)
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- Rules of the road still apply: Bicyclists must travel in the same direction of traffic and have the same requirements as any slow moving vehicle.
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—from the Seal Beach Police Department

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For over 4 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands I also enjoy helping my neighbors with chores and maintenance around their homes.
Russ 714-655-1544. 05/21

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS
Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 05/14

MOVING, HAULING & STORAGE SERVICES

**J&D HAUL AWAY AND
CLEAN-UP SERVICE**
No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 07/02

A FRIEND AND A TRUCK

Your moving service, any size job. Call 310-387-2618. Business License RO263644. 06/25

MISCELLANEOUS FOR SALE

Exercise at Home! Concept2 Ergometer Rower \$1,100.00 Startrac Accent Rower \$249.00. Excellent condition. (562) 304-0880. 05/14

For Sale: Tan leather sofa and queen temperpedic bed (2 yr. old). Call (714) 514-8232. 05/14

Large lift chair. Like new. Works perfect. Blue color. \$200. Dorothy (562) 430-1927. 05/14

For sale beautiful mirrors - one oval mirror is encased in frosted glass, adult pullups & diapers with tabs. All sizes, pads for the bed, chair and your pets. Gently used walkers. Large pictures, small lamps, flags, electric curlers. (562) 843-6963. 05/14

FREE ITEMS

Free to good home needlepoint canvas, yarn, instructions & frame. (562) 446-0106.

Antique coins (100 years old & under) or comic books. Call between 10 a.m. - 3:00 p.m. for appointment. LW residents only. (562) 594-3975. 06/04

Free to a good home - Cali, a 2 yr. old calico cat, who has lots of love to give to a senior who seeks a great companion. Cali is fixed with all vaccinations up to date, completely house trained and more importantly is a SWEETY pie, and has a calm loving disposition about her. Please call me at (951) 217-0185 if interested. I am in Mutual 12 here in Leisure World Seal Beach.

LW REAL ESTATE FOR SALE

NEW LISTING:

Fully expanded corner 2 bed/2 ba/AC/totally new kitchen with large aisle. Great green belt view. By appointment only. Hank (562) 743-8473. Mutual 5-98L. 05/14

NOTARY SERVICES

SUPER NOTARY SERVICE 24/7

For appointment call (562) 743-8472 or (562) 208-5223 or (562) 493-6601. LIC 636260. Korean agent: Young Ro (714) 504-2541. 05/14



Erika Shapiro

BRE # 01448494

Resales Specialist
Mut. 17 Resident

Traveling Notary
562-208-5223

Reduced

Move-In Ready
2 BDR/1 1/2 bath,
fully expanded corner
drive up, washer/ dryer, dish-
washer & more
Mutual 2, 19F \$319,000

New Listing - Country Cottage

Fully expanded 2 BDR, 1 Bath,
lovely greenbelt.
Double pane windows, planta-
tion 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

Condo for Lease 2 BDR/2 Ba
First floor, laminate flooring
Fully equipped kitchen & more
Mutual 17 \$2,200 mo

SOLD IN 1 DAY

Mutual 9 - 209E \$215,000

IN ESCROW

Beautiful Greenbelt view,
Basic 2 BDR, 1 Bath, parking
Mutual 8 - 184i \$186,000
Mutual 3, 7C \$140,000
Mutual 15 - 18D 365,000

Service Is My Priority!
Call me for a FREE
market evaluation

Leisure Living Resales



The Januszka Group, Inc.
Leisure World
ON-SITE
HOME SALES

(562) 598-1388

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

www.LeisureWorldHomeSales.com

WOW! I NEVER KNEW THAT...

One of the most common misconceptions residents have is that Leisure World was created as a low-income senior community. In reality, Leisure World resident's per capita income was 40 percent higher than the highest ranking California per capita income. Leisure World Seal Beach has always been a middle to upper income cooperative housing development. (taken from an article by Margaret Gillion in LW News).

One building In Leisure World has units from A to Z. Can you find it?

See photos and details of all listings on our website

Our Listings:

Mutual 1 - 11D	Mutual 5 - 107I	Mutual 10 - 238F
Mutual 1 - 22H	Mutual 5 - 111G	Mutual 10 - 257D
Mutual 1 - 44I	Mutual 5 - 91L	Mutual 11- 281A
Mutual 1 - 21A	Mutual 6 - 57E	Mutual 12 - 8A
Mutual 2 - 9L	Mutual 6 - 67I	Mutual 15 - 29R
Mutual 2 - 10I	Mutual 7 - 175F	Mutual 15 - 31B
Mutual 2 - 20F	Mutual 7 - 165J	Mutual 15 - 23K
Mutual 2 - 51D	Mutual 8 - 181C	Mutual 16 - 54E
Mutual 3- 23G	Mutual 8 - 181B	Mutual 16 - 54G
Mutual 4 - 85K	Mutual 9 - 220A	

Currently 6 Units In Escrow



Dawn Januszka
Broker
DRE #02110501



June Stokoe
Escrow Officer



Verna Chumley
Realtor®



Realtor®



John Webster
Realtor®



Terri Walters
Realtor®



Realtor®



Elana Altman
Realtor®



Maryann Shaddow
Realtor®



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Kathy Gupton
Associate Broker
DRE # 00744676

562 **618-9940**

Kathy & Gloria

Gupton & Hadley

We are **SISTERS**
Specializing in the
LW Community



Gloria Hadley
Realtor®
DRE # 01057681

562 **884-3594**

Buying or selling...

Whatever your circumstances, whatever your needs, we can help.



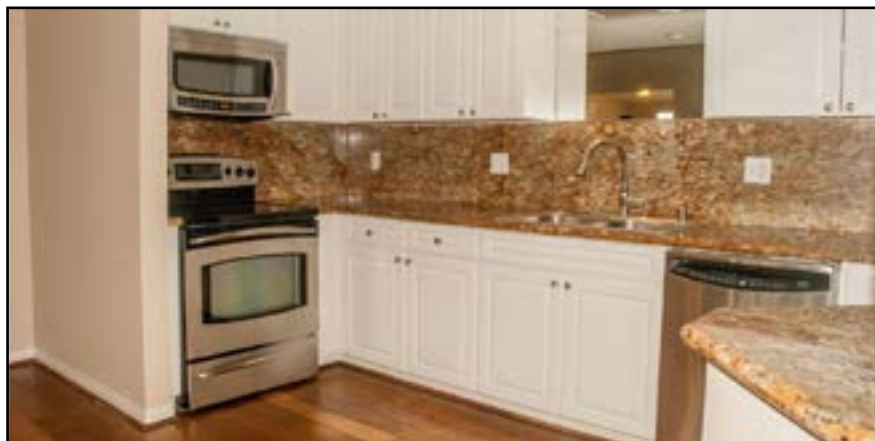
Mutual 15, 32K \$239,000

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



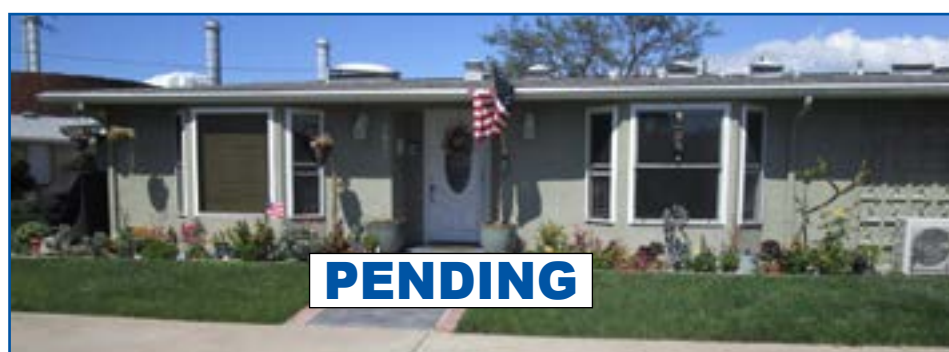
M1-16W \$218,000

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



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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A CALL**

We can show ALL property in the LW community

*Call and let us present our extensive marketing program.
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13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr).

Robin Gray & Barbara Diette-Dobias

Robin Gray

(562) 209-5605

rwgraysales@verizon.net

DRE 01027333

Your Leisure World Sales Team



California Properties



Barbara Diette-Dobias

(562) 754-5628

barbaradobias@gmail.com

DRE 00887640

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

We're Here to Help.

See more at www.sealbeachleisureworld.com

Mutual 15-9-D

COMING SOON ... Stunning ONE-OF-A-KIND

CUSTOM CORNER ATRIUM has it all! Sitting on a green with close parking, this light and bright home has bay windows, power skylights, two bedrooms, 2 bathrooms, formal living room, gourmet kitchen - with a window over the sink! Large family room and dining area, an indoor laundry room with a stackable w/dryer, central heat/air, and an office too! Tile and laminate floors throughout, painted and ready for you!!



NEW LISTING
COMING SOON!



Mutual 6-136-C \$359,000

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



Mutual 8-203-I \$249,900

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



Mutual 10-257-G \$327,000

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



Mutual 1-40-B \$167,000

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



Mutual 7-157-D \$229,000

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!!**

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



Jim Duncan
714-356-6717
Broker/Manager



Susie Allen
562-338-3833



Robin Gray
562-209-5605



Barbara Diette-Dobias
562-754-5628



Kathy Guppton
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Gloria Hadley
562-884-3594



Edwina DiMario
562-706-7999



Vickie Van Ert
310-220-1407



Mary Chittick
562-882-2804



Rosie Wang Davis
626-623-9929



Joanie Korman
714-308-8034



Conrad Rodriguez
562-746-1960



Leah Perrotti
310-889-6583

(562) 594-0515

1900 St. Andrews Dr., Suite C
Seal Beach, CA 90740
BRE 00338699



Two-Bedrooms

(562) 431-2149

13926 Seal Beach Blvd.
Seal Beach, CA 90740



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal

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

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

Mutual 3 28L \$229,000
corner unit, enclosed patio, plantation shutters, side parking, tub

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

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

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

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

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

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

Mutual 6 64C \$250,000
full expan., faces so./east, skylights, gorgeous lam. floors

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

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

Mutual 15 44A \$279,999
atrium, fresh paint, wood lam, floors, new carpeting

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, remodel kit. and bath, large skylight, washer and dryer, forced air, scraped ceiling

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

One-Bedrooms

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

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

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

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



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Estee Edwards
562-208-2540



Philip Bak
213-550-9991



Irv Hart
562-296-5619



Fay Wescott
562 242-6162



Tim Kearns
714-293-3950



Diana Flores
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Gail Alonzo
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www.sealbeach.retirementcommunity.info



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

For 2020, I have a total of 30 Leisure World pending and closed sales.
I have buyers for yours too! Call me today for a free market evaluation!



SOLD!

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!



1502 Golden Rain Rd #46K | M2 | \$239,500
2 Bedroom, 1 Bath Fully Expanded, Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



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.



13741 Thunderbird Dr., #49L | M1 | \$190,000
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 BDRM, 2 BTHRM, 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, etc.



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

COMING SOON!!!

1382 El Dorado, #10B Mutual 3
CLEAN 2 Bedroom, 1 Bath Quaint Greenbelt Location. Freshly Painted Throughout, Large Oversized Skylights in Living Room and Bathroom, New Light Laminate Flooring Throughout, Close to Laundry and Parking. \$210,000.

On May 12th, 2020 a total of 90 units show as active listings on the CRMLS
(this is where Realtors list property for sale).

12 - 1 bedroom/1 bath
from \$155,000 to \$185,000

49 - 2 bedrooms/1 bath
from \$169,000 to \$389,000

29- 2 bedrooms/2 baths
from \$225,000 to \$499,900

I offer Virtual Tours and can you send you a Virtual Tour of any of these properties, I have access to all inventory!
I am here to help!

Client Testimonial:

"Of all the realtors I've dealt with in the past, Carol is one of the best. She is nice, friendly, professional and a pleasure to be around. She showed me a lot of units on our first day of looking and I had a contract on one that day. She answered all my questions and everything went smoothly. She is very knowledgeable about Leisure World and I would highly recommend her."

-Sandra Schildknech

