

COMMUNITY UNITY

NORTHGATE UPDATE



North Gate Road was empty last week because the North Gate is closed. Construction will close the entire road starting in late June.

Sewer replacement project will impact North Gate Road

The City of Seal Beach was expected to start the first phase of a sewer replacement project on Old Ranch Parkway around June 1.

Construction will impact North Gate Road, starting around June 22. These dates are tentative. The contractor anticipates that all project construction should be complete by mid- to late-September.

SoCalGas is replacing pipes on North Gate Road, which has been intermittently closed since March. Residents may have noticed a gas smell this week as a result of the project.

The North Gate remains closed because of a reduction in Security personnel due to the COVID-19 crisis.

The North Gate pedestrian gate is open for residents.

RECREATION

RV Lot is now open

Temporary office hours have commenced for the GRF RV Lot. Walk-ins will be accepted weekdays between 8:30 a.m.-noon. Masks will be required, and only one person will be permitted in the office at a time.

Inquiries during GRF business hours may be directed to Tommy Fileto, recreation manager, at (562) 431-6586, ext. 373, or rvlot@lwsb.com. For information on other LW facilities, see page 2.

GOLDEN AGE FOUNDATION

Shredding event is now set for July 9

The GAF shredding service originally set for today, June 4, has been postponed to July 9 from 10 a.m.-noon. It will be held in the Clubhouse 2 parking lot. Residents may drop documents and go; there will be no line and no wait. Documents must be in paper or plastic bags, no boxes. Masks must be worn and social distancing observed. GAF volunteers will monitor bags until papers are shredded.



People line up for a mask give-away on May 19 at Clubhouse 6. The Golden Age Foundation is hosting its second mask giveaway Friday, June 12, at Veterans Plaza.

SAFETY FIRST

Wear masks in public, keep your distance

Health Officer issues revised orders for OC

In light of recently issued industry guidance by the California Department of Public Health and Cal-OSHA regarding places of worship and hair salons, the County Health Officer issued amended orders and strong recommendations to help slow the spread of COVID-19 in Orange County as more businesses move toward re-opening.

The following orders revise and supersede the May 23, 2020, orders and recommendations.

Effective May 29 and continuing until further notice, the following will be in effect in unincorporated and incorporated territories of Orange County:

**1. Self-isolation of persons with COVID-19:** All county residents who have been diagnosed with or are likely to have COVID-19, as defined below, shall immediately isolate themselves in their home or another residence under the following criteria, as applicable:

» Individuals with COVID-19 symptoms shall isolate themselves until: (i) at least 3 days (72 hours) after they have recovered, meaning their fever has resolved without use of fever-reducing medications

ORDERS, page 11

GAF mask giveaway is June 12 at Vets Plaza

Golden Age Foundation will host its second giveaway of washable face masks from 2-3:30 p.m. on Friday, June 12, at Veterans Plaza between Clubhouse 3 and the LW Library.

Each resident will receive one packet on a first-come, first-served basis.

People will be required to wear face coverings, whether a mask or scarf, and stay socially distant while in line, which should not form before 1:30 p.m.

This is the second mask give-away hosted by the GAF in an effort to help shareholders to protect themselves and others from the spread of the COVID-19 virus.

The first giveaway was held May 15, with over 650 face masks made by fellow LWers distributed. The June 12 event will give away 500-plus cloth masks.

The Golden Age Foundation and Diana Harrison, who co-chaired with Anna Derby, oversaw the effort of about 45 volunteers to make 1,000 masks. Volunteers served as sewers, fabric and elastic cutters and runners to get supplies to volunteers.

The Golden Age Foundation is a non-profit, charitable organization dedicated

MASK, page 2



Josie Law and Cupid of Mutual 1 make sure they follow the mask orders issued by the OC Health Care Agency.

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GRF Board members bag masks for the June 12 giveaway. Masked and gloved volunteers include Anna Derby (l-r), Ana O'Brien, Martha Goossens, Lillian Kennedy and Linda Johnson.

**MASK**  
**from page 1**

to serving Leisure World shareholders. Its purpose is to make the community a better place in which to live.

Because Golden Age Foundation has been certified as a non-profit organization by the Internal Revenue Service, contributions

made to it qualify for exemption from income taxes, in most cases. For more information, contact Anna Derby at (562) 301-5339.

**GAF Tax Program is closed for season**

Due to COVID-19, the AARP Tax Program sponsored by the Golden Age Foundation in Leisure World will not reopen in 2020. It does not appear that any other sites will be reopening in the surrounding area.

The deadline to file and pay your 2019 federal and California state tax returns has been extended to July 15, 2020. The IRS offers an online filing tool that can be found @irs.gov. If your income is less than \$69,000, the service is free. You can find a similar state filing tool at fth.ca.gov, where the free filing income limits are much higher. You can also purchase commercial computer products that are user friendly.

Form 4868, Application for Extension, can be used to request an extension to file your federal return to Oct. 15, 2020, but it must be filed by July 15, 2020, and include the payment of any estimated tax liability. California grants an automatic extension of time to file until Oct. 15, 2020, as long as the tax is paid in full by July 15, 2020, with Form FTB 3519, Payment for Automatic Extension for Individuals.

The GAF is sorry for the inconvenience. For more information, call GAF Mobility Aid line at (562)431-9589.

—Diana Lambert, GAF Tax Committee Chair

**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 column.*

**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

**COVID, page 12**

**GRF Amenities Starting to Reopen**

The LW Golf Course, hitting cage and putting green are now open as is Veterans Plaza by reservation only for qualifying exercise clubs. Mission Park, which includes pickleball/ multipurpose courts, is scheduled to reopen later in June. All participants will be required to wear masks, and in some cases gloves, as well as maintain social distancing.

Recreation has coordinated with ICS, the custodial contractor, to clean all touch surfaces at 20- to 30-minute intervals (depending on the venue).

While some restrictions may seem cumbersome, GRF’s priority will always be the safety of its members. Specific guidelines for each amenity are as follows:

**GOLF COURSE**

- All rounds will be booked through the golf starter by email only and no walkups will be allowed at any time. The hours of play will be from 8:15 a.m.-4:30 p.m.
- All golfers will be limited to one round per week with no exceptions.
- No tournament play will be allowed at this time.
- Golfers will be required to book the day before their actual tee date and time by email only at [events@lwsb.com](mailto:events@lwsb.com).
- Only rounds of one or up to three golfers will be permitted and the names of all golfers must be submitted at the time of booking with Mutual and apartment number.
- Golfers must state three tee times, in order of preference, in case their first choice is not available
- Golfers may not arrive sooner than 10 minutes before their tee times, and all tee times will be spread 15 minutes apart.
- Masks and six-foot distancing will always be required.
- No gathering will be permitted before or after rounds have been played.
- No golfer may touch any other golfer’s equipment, including golf balls.
- The Starter Shack will be closed to all gatherings and will only be available for restroom use.
- The Starter can only be addressed through the protective window area.
- Hitting cage and putting green areas will also be open with all required restrictions.
- The Golf Starter will have the final say in all matters.
- The following are additional restrictions on the course: No score cards will be provided; no posting of scores; ball washers will be removed from the court; the shoe cleaning station will be off limits due to touch surfaces; flag sticks to remain in the hole and a suitable

**AMENITIES, page 10**



**Calling all art lovers!**

Join us – virtually – for a free class on relaxing through art. Discover ways to unwind and express your creative side through your very own masterpieces. Whether you’ve never drawn before or you are an artist at heart, Megan Warren will guide you through the art process. There are two classes:

**Tuesday, June 9**  
**2:30 p.m. – 3:30 p.m.**

**Tuesday, June 23**  
**6:00 p.m. – 7:00 p.m.**

**All Leisure World residents are welcome to attend at no cost!**

**RSVP for Relaxation Through Art** by emailing Grecia Nunez, senior ambassador at the Health Care Center, at [gnunez@mhealth.com](mailto:gnunez@mhealth.com). Please include the time you would like to attend.



**Megan Warren**

Megan has a Master’s of Fine Arts and runs an art school in Fullerton. When she isn’t teaching at schools or senior centers, she is spending time with her family.

A special thank you to Megan for teaching this course and to Aetna Health Plan for sponsoring.



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## Refund of Excess Income\*

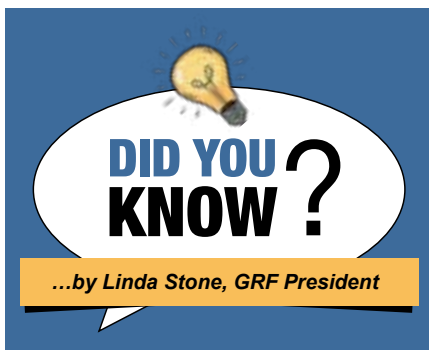
At the conclusion of a year's Operating Budget (fiscal period), an audit of the financial statements is performed.

The year's performance can then be measured against the budget to determine whether performance exceeded budget, resulting in excess income.

The Golden Rain Foundation (GRF) is required to eliminate its excess income from the operating budget at the end of the fiscal year by:

1. Funding requirements under 40-5540-1, Contingency Operating Fund; or
2. Refunding the entire amount to the Mutual Corporations; or
3. Transferring to reserves; or
4. A combination of options 1, 2 or 3.

\*(Governing Document 40-5528-1)



## Keep Mosquitoes at a Distance

—from OC Vector Control

On a warm and sunny day, you are out on a walk or sitting on your porch with a cup of coffee. You realize you have been bitten by a mosquito. How does this happen? Where are these mosquitoes coming from? Well, there is a new mosquito—called the ankle biter or the Aedes—in town. This black-and-white striped, daytime biting mosquito is now in every city in Orange County, including Seal Beach.

Inspectors from the Orange County Mosquito and Vector Control District routinely treat larger spaces like the flood channel that runs through LW. But residents are responsible for the smaller water sources around patios, yards and indoor spaces because mosquitoes only require a cap full of water to complete their life cycle.

Aedes mosquitoes are efficient at transmitting Zika, chikungunya and dengue fever viruses; other species of mosquitoes can transmit West Nile Virus, which can cause serious flu-like illness in 1 in 150 people.

"All of us in Leisure World have been overwhelmed by our recent medical emergency," said Seal Beach Councilwoman Sandra Massalavitt. "Mosquitoes and West Nile Virus are issues on a much smaller scale. But it nevertheless requires attention."

MOSQUITOES, page 5

## Katella Deli joins Grab n Go Line-up

The Recreation Department is excited to welcome Katella Deli to the weekly line up of onsite food services at Clubhouse 6. Well known and loved by locals, Katella Deli is offering an extensive menu for those who preorder (see page 11). Those who prefer to buy onsite will have four hot entrees from which to choose. They will change weekly, according to General Manager Adam Spicer. Katella Deli will at Clubhouse 6 from 4-6 p.m., starting this Sunday, June 7; preorders may be placed until noon on that day.

For more information or to give feedback, contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com) or call (562) 431-6586, ext. 398. For orders, call (562) 594-8611 or order online at [www.katellabakery.com](http://www.katellabakery.com).

## North Gate Road Construction Notice

So Cal Gas is working on North Gate Road this week, replacing gas lines. Residents could smell gas as a result of the work, which was expected to last through today, June 4.

**SCE REBATES are HERE!**  
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## 405 Freeway Update

The northbound I-405 off-ramp to Seal Beach Boulevard is scheduled to close for about one month this summer.

The ramp will be reconstructed as part of the 405 Freeway Improvement Project to widen the freeway.

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

Crews closed the NB I-405 loop off-ramp to Westminster Boulevard. The ramp will be closed for about 12 months to construct new walls and ramps at this location in one stage, eliminating multiple traffic shifts and confusion for motorists.

The duration of this work may change depending on site conditions.

Work may be loud. Dates and times are subject to change due to unforeseen operational factors or inclement weather.

Crews have begun installing piles for the foundation for the new Bolsa bridge.

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.

For more information about the I-405 Improvement Project, visit [octa.net/405improvement](http://octa.net/405improvement).



Shuttle service to Rossmoor and downtown Seal Beach has been suspended.

CITY OF SEAL BEACH

## Company closure suspends bus service

Effective June 1, the City of Seal Beach Senior Transportation Services will be provided by California Yellow Cab. This service change was a result of the unexpected closure of the Keolis' Orange County facility, which was contracted to operate the city's senior shuttle and dial-a-ride program. The Keolis Orange County facility was scheduled to close May 31.

As a result, the Thursday Shopper Shuttle Service (downtown Seal Beach) and the daily Senior Nutrition Shuttle/Rossmoor/North Seal Beach Community Center will be suspended until further notice; however, the Dial-a-Ride services will be expanded as follows with California Yellow Cab:

- Operating hours are Monday-Friday, 7:30 a.m. to 2:30 p.m.
- Reservations must be made 24 hours in advance by calling toll free (877) 224-8294. Reservations made less than 24-hours in advance cannot be guaranteed.
- Only registered eligible riders can partake in this service. To be eligible, the rider must be a Seal Beach resident 60 years and older.
- To confirm whether you are already registered, call California Yellow Cab - Melissa Gomez or Cristina Valle at (714) 427-2555.

SHUTTLE, page 4

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# Perspectives

## How to Feel Better in the Storm

by **Cindy Tostado**  
*GRF member resources and assistance liaison*

We are all anxious to return to our normal lives as they once were before COVID-19. Some are so anxious to get back to normal activities and events that their zeal can override caution. The reality of our world situation and what we are witnessing each day should be cause for concern. We have all been affected by this virus, and there continues to be more positive cases and deaths.

As the world slowly opens its doors, one at a time, it is even more prudent for us to exercise patience and caution by:

- Staying home if possible.
- Washing your hands often.
- Wearing a mask in public.
- Taking every day precautions to keep space between yourself and others (stay six feet away, which is about two arm lengths).
- Keeping away from people who are sick.
- Cleaning and disinfecting frequently touched surfaces.
- Calling your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

We all need to learn from this crisis and be cautious. There are many fellow human beings who are sick, isolated, and afraid. Other diseases and conditions have not gone away. We are still relying on the experts to guide us. A vaccine will take time.

With all of these unknowns, it's time to practice compassion. Be kind to one another, live simply and be patient with yourself and others during these turbulent times.

Patience is the ability to defer gratification and endure hardship without losing hope. If we act too quickly and without foresight, we could lose sight of the long run. Instead, sit with the discomfort, knowing that this too shall pass, that things will get better.

So, wear those masks, keep your distance, follow health orders—enduring discomfort now will lead to a safer tomorrow.

And practice compassion. It unites us in our distress—it is the root of human connection. Others need our support as we need theirs. We are all in this together.

There are ways to safely show up for others:

- Use technology like video conferencing, phone calls, social media or even text messages to check in on your neighbors. See the Arts section for a list of classes on how to use video conferencing apps like Zoom.
- Play an online video game with the young relatives you might be missing because you can't visit them.
- Take the time to acknowledge the people you see when you're out of the house with safer greetings.
- If you have a surplus of critical items like cleansers, paper products or non-perishable foods, consider donating them to a shelter or food bank for our vulnerable neighbors who may not be able to afford them.

The COVID-19 crisis has distilled all our lives down to a simple essence—family, home and community safety.

So today and moving forward, we can show up as a community of strength, practicing compassion simplicity and patience.

## Letters to the Editor

Editor:

About seven years ago, LWER Mitzi Winks started a group to crochet plarn (strips of plastic from plastic grocery bags) into sleeping mats for the homeless. I took over the task when Mitzi left, and at one time, there were more than 30 people involved. Then California passed a law banning plastic bags from the grocery stores.

One of the purposes of the project was to keep plastic out of landfills. For the last two years we have not had any Leisure World people making mats, but I have been recycling them to a senior complex in Huntington Beach that has a different way of using the heavy plastic bags.

In the last three months of lock-down, people have been cleaning out their units and bringing me plastic bags.

Since I do not have a place to use plastic anymore I am asking if anyone has found a use for the heavy plastic bags. If you want to have the ones that I have, please call, (562) 431-8240, and I will get them to you. Please do not leave bags on my patio.

I want to thank everyone who participated in the project over the years, but this is a different time and our lives are changing.

Janice Krehbiel  
Mutual 9

Editor:

The Fitness Center project was discussed at the GRF BOD meeting on May 26. The electronic agenda described the project. Last fall I wrote the Recreation Committee to recommend two changes: move the desk attendants so they face the shareholders exercising and replace the hard floor. The current flooring is so hard it could seriously injure anyone who fell on it. The online plans showed both changes. Google describes the flooring as a fall friendly product for gyms something similar the 24 Hour Fitness rubber mats, just what we need. I feel the expense is well worth it to protect us. It would have helped if questions by the GRF representative were answered by someone in the room familiar with the product. Sadly, the first GRF board member recommended delaying the project. Thank you to the other GRF representatives who spoke

up in favor of approving the funding motion.

People with physical limits should have an amenity to use like the other shareholders who can golf, walk, run on beach sand, or swim in the ocean—activities I cannot do. I have rare birth defects that have caused multiple muscular skeletal deficiencies/limits.

Access to a stationary bike is important. Reasonably priced home stationary bikes are gone. Pools are closed. Many doctors promote stationary bike riding, and other gym activities as good exercises for people that have joint issues or arthritis. To me it is essential that the Fitness Center renovation be completed ASAP.

Lois Corrigan  
Mutual 15

Editor:

I have a concern about an ad I've seen in the last two issues of the Leisure World Weekly. All of the scam articles I read in this paper are very helpful; however, it

would appear to me that the ad in the Classifieds about "Looking for someone with \$25,000 hid under their mattress" is very suspicious.

The ad on Youtube.com is 41 seconds long and certainly would not be something I would invest in.

Lisa Benedict  
Mutual 2

*Editor's Note: The GRF will not knowingly publish any advertisement it deems to be untruthful or misleading.*

*News staff takes precautionary measures to identify inappropriate or fraudulent ads. In this case, staff asked the advertiser to provide additional information (patent, letters, product information) to verify his information.*

*Readers are encouraged to use their best judgment when responding to any ad and to remember that the publishing of advertisements in any GRF publication does not constitute a recommendation or endorsement of the product or service therein.*

## SHUTTLE from page 3

- To register as a new rider, contact Iris Lee at (562) 431-2527, ext. 1322, or [ilee@sealbeachca.gov](mailto:ilee@sealbeachca.gov) or email [AskCityHall@sealbeachca.gov](mailto:AskCityHall@sealbeachca.gov).
- There is no cost to use this service.
- Transportation services will be provided to any location within Seal Beach city limits, and up to three miles outside city limits and within Orange County for non-emergency medical purposes. Users may also elect to go to the VA Hospital in Long Beach.

—Patrick Gallegos, assistant city manager

*Editor's Note: People who need immediate help getting groceries can contact GRF Recreation Department at 431-6586, ext. 398, for volunteer shoppers. There is a farmer's market at the Seal Beach Village Center near the Dollar Tree on Tuesdays at 9 a.m. and the Primrose Restaurant has a pop-up market daily 10 a.m.-2 p.m. See page 6 for meals delivery information. For a list of local restaurants that deliver, visit <https://www.sealbeachca.gov> and click on "Support Local Business."*

## Credits & Kudos

*Credits & Kudos must include the writer's name and mutual, and will be edited for brevity. Mention of a business or service is not an endorsement or recommendation by the LW News or Golden Rain Foundation.*

Katie Hamilton of Mutual 12 writes: As a recent participant in the online Beginners Zoom course led by Miryam Fernandez and Bonnie Z. Cooper, my main takeaway was the knowledge that I could still learn new skills!

Through their patient and expert guidance, our class learned how to use a variety of Zoom tools for optimal participation in all Zoom meetings. Leading by example, they taught us Zoom etiquette in a courteous and respectful forum. I am so inspired, I will now try to host my own future Zoom meetings. Thank you Miryam and Bonnie for gifting us with your time, knowledge and friendship.



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# Government

## GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The Administration Conference Room is upstairs in the Administration Building. The following is a tentative schedule of meetings on the Golden Rain Foundation master calendar, maintained by Administration (*meetings are dependent on orders related to COVID-19; check schedules for latest information*):

Thurs., June 4	<b>ARDC</b> Clubhouse 3 ..... 1 p.m.
Fri., June 5	<b>Roundtable</b> Zoom conference call ..... 2 p.m.
Tues., June 9	<b>GRF Board Meeting, special</b> Clubhouse 4/YouTube ..... 10 a.m.
Tues., June 23	<b>GRF Monthly Meeting</b> Clubhouse 4 ..... 10 a.m.

## Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards. *Due to the COVID-19 crisis, the meeting schedule is subject to change.*

Mon., June 8	<b>Mutual 9</b> Zoom conference call ..... 9 a.m.
Wed., June 10	<b>Mutual 4 (open forum, 9:15)</b> Zoom conference call ..... 9:30 a.m.
Thurs., June 11	<b>Mutual 12</b> Zoom conference call ..... 9 a.m.
Fri., June 12	<b>Mutual 3</b> Zoom conference call ..... 9 a.m.
Mon., June 15	<b>Mutual 15</b> Zoom conference call ..... 1 p.m.
Tues., June 16	<b>Mutual 14</b> Zoom conference call ..... 1 p.m.
Wed., June 17	<b>Mutual 5</b> Zoom conference call ..... 9 a.m.

## MOSQUITOES from page 2

“You are less likely to become ill from a WNV-infected mosquito, but we can still have a traumatic episode or death from a bite. My friend that I’ve known since high school died from WNV. I’ve met others who had been bitten and luckily did not die. But their lives will never be the same from the residual after-effects,” she said.

### Take Charge of Your Yard:

- Indoor plants can play a key role for Aedes mosquitoes. They thrive indoors and can lay eggs around containers, vases and even bamboo plants.
  - Check your pet’s water dishes and clean them every other day.
  - Do not overwater your plants. Keep saucers dry to prevent mosquitoes from laying eggs.
  - Protect yourself. Use EPA-certified mosquito repellent and use before going outside.
  - Wear long-sleeved clothing to prevent bites.
  - Spread the word among your neighbors. Don’t give mosquitoes a biting chance. Make source reduction a weekly routine.
- Interesting Facts:**
- Only the female bites. They need blood to produce eggs
  - Females can lay up to 300 eggs at a time
  - Aedes eggs are laid around manmade containers and can stay viable for years
- For more information, visit [ocvector.org](http://ocvector.org).

## GRF Board Meeting Agenda

GRF Board of Directors Agenda  
Clubhouse 4, Tuesday, June 9, 10 a.m.  
Via Live Stream

To view the live GRF Board meeting:

- Go to [www.lwsb.com](http://www.lwsb.com)
- Click on the Live GRF Board meeting tab.
- The tab 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

- 1) Call to Order/Pledge of Allegiance
- 2) Roll Call
- 3) President’s Comments

- a) Announcements
- 4) Seal Beach City Council Member’s Update
- 5) Health Care Advisory Board Update
- 6) Shareholder/Member Comments

- a) Written, submitted prior to meeting
- b) Verbal, via live streaming

*Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits, per speaker, are limited to:*

- 4-minute limit per speaker, when there are no more than 15 speakers
  - 3-minute limit per speaker, 16-25 speakers
  - 2-minute limit per speaker, over 26 speakers
- 7) Consent Calendar
    - a) GRF Board of Directors Minutes, February 25, 2020
    - b) Accept Month of February-April Financial Statements for Audit
    - c) Review of the Actions of the Essential Emergency Review Committee
  - 8) New Business
    - a) General Committee
      - i) Approve CARE Ambulance Contract
      - ii) Reserve and Capital Funding Requests—Fitness Center Expansion, Phase I (Physical Changes and Interior Finishes)
  - 9) Board Member Comments
  - 10) Next Meeting/Adjournment

GRF Board of Directors meets next on June 23, 10 a.m., Clubhouse 4.



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# Health & Fitness

## HCC

### Health center begins to move to Phase 2 of renovation plans

By **Grecia Nunez**  
senior ambassador

The renovation at the Health Care Center continues! To learn more about what's been going on, and what is in store in the upcoming months, I checked in with Charity Kopp, practice manager at the HCC.

#### How is the renovation coming along?

Charity: The HCC renovation is going very well. The specialty care space was completed in April and it was exciting to see the transformation. It was the first phase of major interior work to be completed. The construction team did a great job creating a modern space for patients and providers.

#### What is the construction team working on now?

Charity: They're currently working on phase 2, which is the primary care space. The exam rooms will be like those on the specialty side: larger, modernized, and easier for people of all mobility needs to get in and out.

#### Will construction affect patient access to care at the HCC?

Charity: No. We are still seeing patients. Many people are choosing virtual care now because of the COVID-19. Even though we love seeing everyone at the HCC, we want to make sure people are getting care while keeping up physical distancing.

#### When will the primary care side be completed? And what follows?

Charity: We're hoping to be moved back into the Primary Care space in mid-June and then begin phase 3, which includes the lobby, lab and radiology areas in mid-to-late June. The main lobby and front desk will have a bold new look. And yes, we are keeping the aquarium! The fish will be temporarily moved off-site during construction to keep them safe, but will be back as soon as possible. We're also planning to donate some of the existing lobby furniture to the Golden Rain Foundation in July or August.

#### When is the renovation expected to be done?

Charity: Assuming things stay on track with construction, after the lobby, the renovation will move to the conference rooms. We're looking at everything being completed in September.

#### What are some things everyone should know, especially given the pandemic?

Charity: The HCC is still open, but we encourage residents to use virtual visits if they can. The virus can spread easily, so the more we follow physical distancing, the faster we can get back to normal. We know it hasn't been easy, but we are going to get through this together.

## OPTUM CARE AT HCC

### How to keep vigilant as things open during the pandemic

As businesses begin to open up, it is important we continue to keep up our vigilance. As of June 1, there have been 23 cases reported in Seal Beach.

This isn't the time to let down our guard. Here are some important things to keep in mind as we adjust to the new normal:

- **COVID-19 is highly contagious:** The virus is primarily spread by respiratory droplets. When a person coughs, sneezes or speaks, they spread respiratory droplets. When you wear a face mask or scarf over your nose and mouth, you protect yourself and others against breathing in these droplets, which is why experts recommend keeping at least six feet of distance between people. Keeping space between yourself and others makes it less likely you'll breathe in these droplets.
- **Some people don't have symptoms:** COVID-19 affects people differently. Some have severe symptoms, while others don't have any. Even if you feel fine, it is important to follow public health recommendations. This isn't just to protect yourself from the virus; it is

also to protect your family, friends and neighbors.

- **Check with your doctor about testing:** Many people want to get tested right now, but tests are limited. They are best reserved for people who are showing symptoms or have likely been exposed to the virus from someone who has tested positive. If you're in these categories, look for testing in the area. If you don't have any symptoms, keep up with public health recommendations on social distancing. Keep in mind that a negative test result doesn't mean you are immune to the virus. You could still contract it later.
- **Test results are confidential:** If you test positive for coronavirus, the information is only shared with Orange County Public Health. Public health officials then give you information on how to self-quarantine and protect others. This information is not shared with anyone else. You don't need to share your test results with anyone, either. We encourage you to discuss it with your primary care doctor so they can help manage your

care. Remember: your doctor can't share your health information with anyone.

- **Turn to credible sources for information:** There's a lot of information out there and a lot of it is not correct. Turn to the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), or Orange County Public Health for the most accurate information. Stay informed by using those credible websites rather than turning to social media, even from friends and family, that claim to have cures or secret information about coronavirus.
- **Turn off the news:** If you are feeling overwhelmed by everything, turn off the news. Focus on positive things you can do around your house, like new art projects or some late spring cleaning. A phone call or virtual call with loved ones can lift your spirits. If you don't want to talk about the pandemic, tell them you want to talk about something else. By staying vigilant, we can protect everyone. It may not feel like it now, but this pandemic will pass. Let's all do our part by:

- Continuing to practice social distancing, and avoiding being in large groups.
- Washing your hands or using hand sanitizer, coughing and sneezing into your elbow or tissue, and refraining from touching your face, eyes or nose.
- Wearing a mask or face covering when outside of your home if you will likely come in contact with others.
- Staying home if you aren't feeling well and calling your doctor if symptoms are getting worse.

### Meals on Wheels, Long Beach

*Meals on Wheels of Long Beach, Inc. (MOWLB), delivers freshly cooked meals daily, Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include a hot dinner, cold lunch, dessert and 8oz. carton of 1 percent milk. Cold lunch may be an entree salad or a sandwich with a small side salad. A diabetic dessert is available. Contact Caron Adler at (562) 439-5000, ext. 2, or visit [www.mowlb.org](http://www.mowlb.org) to complete an online application. To cancel a meal for the following day or later, you must contact Caron before 9 a.m. the prior business day. Menu is subject to change without notice.*

**Thursday, June 4:** Beef stew with potatoes, celery and carrots and corn, whole grain roll, fresh orange, turkey and cheese sandwich with lettuce, tomato and pickle, homemade potato salad.

**Friday, June 5:** Breaded oven baked fish with tarter sauce, potatoes au gratin, sauteed cabbage, peaches, entree chef's salad with turkey, ham, egg, tomato, bacon and blue cheese dressing and crackers.

**Monday, June 8:** Roasted pork loin adobo, oven browned potatoes, zucchini medley, chocolate pudding, chicken salad sandwich with spinach and tomato, carrot and raisin slaw.

**Tuesday, June 9:** Salisbury steak with mushroom gravy, rice pilaf, brussels sprouts, fresh peach, entree pasta and veggie salad with cucumbers, cherry tomatoes, black olives, red onions, dressing and crackers.

**Wednesday, June 10:** Turkey chili with beans, cornbread, green beans with pimentos, cubed watermelon, roast beef and cheese sandwich with lettuce, tomato and pickle, creamy coleslaw.

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# Religion

## Beit HaLev

Rabbi Galit Shirah is exploring the Zoom world since the coronavirus opened up a new method of communication for those who are sheltering in place. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons, contact the rabbi at (562) 715-0888 for access.

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!) (ShabbatShalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30.

A census of the Levitical clans is given in “Naso” (lift up), to provide the workforce needed that will serve in the performance tasks of the Tabernacle. Moses directs the priests to bless the people with what is known as the “Priestly Blessing,” a blessing that is given during the Amidah prayers. This blessing is not only an integral part of Jewish worship, but also a blessing given in Christian settings. The focus of this parashah is on purity and it includes a ritual for the ‘sotah,’ a wife who is suspected of committing adultery.

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](https://www.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](mailto:duets@icloud.com).

## LW Baptist

By **Rolland Coburn**  
*Pastor*

God is still on the throne! In times of trouble, we may wonder if we have his attention. So he asks us (Isaiah 40:21-31): “Why do you say, O Jacob, and speak, O Israel, My way is hidden from the Lord, and my just claim is passed over by my God?”

Then he reminds us he is the creator, our creator. “Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? He it is who sits above the circle of the earth, and its inhabitants are like grasshoppers. He stretches out the heavens like a curtain, and spreads them out like a tent to dwell in.”

Everything is under his control, even earth’s rulers. “He brings the rulers to nothing. He makes the judges of the earth useless. Scarcely shall they be planted, scarcely shall they be sown, scarcely shall their stock take root in the earth, when he

LW BAPTIST, page 8

## CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

### A perfect brightness of hope

by **Jim Greer**  
*LW contributor*

In the most General Conference held in April, Elder Jeffrey R. Holland of the Quorum of Twelve Apostles reminded us that during this pandemic we should retain a “Perfect Brightness of Hope.” He acknowledged that we are waging an “all hands on deck” war against COVID-19, while we pray for those who have lost loved ones, are infected or at risk, and those on the front lines providing care for the suffering.

Elder Holland encourages us that “when we have conquered this—and we will—may we be equally committed to freeing the world from the virus of hunger, freeing neighborhoods and nations from the virus of poverty. May we hope for schools where students are taught—not terrified they will be shot—and for the gift of personal dignity for every child of God, unmarred by any form of racial, ethnic, or religious prejudice.”

Beneath all this is the foundational hope of receiving heaven’s blessings as we obey the two great commandments of loving God and loving our neighbors by showing kindness and compassion, patience, and forgiveness. These blessed directives are the source of that perfect brightness of hope that we can make this a better world.

Retaining that brightness of hope is essential if we are to overcome the challenges we face now, and in the future. We all recall that Abraham was able to hope against hope and believe that he and Sarah could conceive a child at a time in their lives that seemed utterly impossible. And yet they were blessed, and we all share in the blessings promised to the children of Abraham.

Elder Holland went on to ask, “If so many of our hopes could begin to be fulfilled, why should we not hope that righteous desires and Christlike yearnings can still be marvelously, miraculously answered by the God of all hope?”

In quoting a phrase from the hymn “Abide With Me,” Elder Holland reminds us “So, when our backs are to the wall and, ‘other helpers fail and comforts flee,’ among our most indispensable virtues will be this precious gift of hope linked inextricably to our faith in God and our charity to others.”

And so, to receive our heart’s desires we must do as the prophet Nephi admonished, “Ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. If ye shall saith the Father: ye shall have eternal life.”

Elder Holland shared this challenge, “May we press forward with love in our hearts, walking in the ‘brightness of hope’ that lights the path of holy anticipation. I testify that the future is going to be as miracle-filled and bountifully blessed as the past has been. We have every reason to hope for blessings even greater than those we have already received because this is the work of Almighty God, this is the Church of continuing revelation, this is the gospel of Christ’s unlimited grace and benevolence.”

## Faith Christian Assembly

Faith Christian Assembly partakes in Holy Communion on the first Sunday of each month at 10:30 a.m. Jesus said in 1 Corinthians 11:25, “As often as you drink from it, keep doing this in memory of me.” Pastor Vaughn gives valuable insights into communion each and every time we take it. This is something that is never rushed, and is a special time for people of faith. It is not necessary to be a member to join in Communion, as long as Christ is your Savior.

To participate in Faith Christian Assembly’s conference calls during service times, call (425) 436-6371 – access code: 576671#. Out of an

See FCA, Page 8

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## HOLY FAMILY CATHOLIC CHURCH

### Next Steps: How we plan to reopen

by **Juan Caboboy**  
*Reverend*

The Diocese of Orange announced that public celebration of Mass can begin in Orange County on the Solemnity of Corpus Christi, Sunday, June 14 (including Saturday, June 13 Vigil Mass). Everyone will still need to observe the guidelines on social distancing to protect everyone. Bishop Kevin Vann extends a dispensation from the obligation to attend Mass on Sundays and Holy Days of Obligation until such time as it is deemed safe to have large gatherings at Mass.

There will be a limited number of parishioners allowed in the church at each mass and the maximum number of attendees we can have is 100. We will have the same schedule for weekday and weekend masses ([www.holyfamilysb.com](http://www.holyfamilysb.com)). I am looking forward to welcoming you all.

For the safety of everyone who comes to church we need to observe the following:

- Follow strict guidelines for social distancing and sanitization.
- Those with underlying health condition are encouraged to consider not returning to Mass yet.
- Anyone showing symptoms of illness, or anyone who has a household member who is sick or showing symptoms of illness, should not come to church.
- The church will be sanitized/cleaned after each service. Holy water fonts will remain empty.
- All local safety orders specifically relating to proper face covering (face mask) will be followed.
- Parishioners will be instructed to not engage in any physical touch, such as greeting one another. The sign of peace at mass will be suspended.
- Ushers will lead you to your seats when you come in at the front door. I encourage one household to sit together in the front pews.
- When you come up for Holy Communion you need to remove your face mask and observe the 6 feet distance to the person in front of you in the line. The usher will give you a sign when to come to the center isle to join the line for Holy Communion.
- The ushers will have the offertory baskets at the door as you exit after mass and you can pick up a copy of the parish bulletin at the door. We will be using side doors near the altar for exists at the end of the mass.

When the church is vacated, people who are interested can help the ushers in wiping or sanitizing the pews.

Feeling down? Have a need for prayer? Maybe a desire for a spiritual guide at this time? Or maybe just want to pray with someone? Call the Spiritual Guidance and Prayer Helpline to talk and pray with a religious, priest, deacon or other lay spiritual guides.

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## Community Church

By **Bruce Humes**  
Pastor

Psalm 63 was written when David was in the Judean wilderness fleeing from King Saul. This was a time of great distress for David and those with him who were uprooted from their normal daily activities. They were constantly in a state of fear, stress and wondering if King Saul would find them. Psalm 63 gives us a look into the heart of David when things in his life are in disarray.

### Verses 1-2

“O God, you are my God; early will I seek you; My soul thirsts for you; My flesh thirsts for you in a dry and thirsty land where there is no water. So, I have looked for you in the sanctuary, to see your power and your glory.”

These two verses speak to us about David’s faith. Only a man of faith recognizes God as his God, and seeks after him early. David shows an desire to be in fellowship with God in all his circumstances, even while hiding in the barren wilderness of Judea. David tells us that his soul thirsts for God just as his flesh would thirst in a land without water.

### Verse 3

“Because, your lovingkindness is better than life, my lips shall praise you.”

Think about that statement for a moment, David sees that God’s love, caring and kindness is better than life itself. All David can do is praise God.

### Verse 4-5

“Thus I will bless you while I live; I will lift up my hands in your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise you with joyful lips.”

Blessing and lifting up hands are both forms of worship. For David, worship and fellowship with God was better than having the finest of meals, and it brought him great joy regardless of his circumstances.

### Verse 6-8

“When I remember you on my bed, I meditate on you in the night watches. Because you have been my help, therefore in the shadow of you wings I will rejoice. My soul follows close behind you; your right hand upholds me.”

Even when resting, David’s thoughts and meditation turned to God, recognizing that it’s God that brings us the help we need, so it’s in his protection that we put our trust.

### Verse 9-11

“But, those who seek my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for the jackals. But the king shall rejoice in God; everyone who swears by Him shall glory; But the mouth of those who speak lies shall be stopped.”

David certainly had his enemies and they were out to destroy him. But, just as this psalm tells us, his faith was in God. He had complete trust in God knowing that he would deal with his enemies justly.

Just as David looked to God for protection against his enemies, so should we seek God when we each go through those times of hardship. David’s son, Solomon, wrote in Proverbs 3:5-6, “Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your path.”

If you wish to speak to someone at the church or if you have a need, please call the First Christian Church office at (562) 431-8810.

## FCA

From page 7

abundance of precaution, when it is possible to meet in person, all who attend will have their temperature taken at the door, 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 we 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](http://www.FCAchurch.net).

## LW BAPTIST

From page 7

will also blow on them, and they will wither; and the whirlwind will take them away like stubble.”

He is not like us. He is infinite, eternal and unchangeable. “To whom then will you liken me, or to whom shall I be equal? says the Holy One.”

The stars remind us what a great God he truly is. “Lift up your eyes on high and see who has created these things. He brings out their host by number. He calls them all by name. By the greatness of his might and the strength of his power; not one is missing.”

It is impossible for our creator to forget or lose track of us his creatures. “Have you not known? Have you not heard? The everlasting God, the Lord, the creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable.”

We are weak, but he is strong. And the measure of strength we have he gives us each day. “He gives power to the weak, and to those who have no might he increases strength.”

Not just seniors, but all God’s mortal creatures are weak, “Even the youths shall faint and be weary, and the young men shall utterly fall.”

But such is his compassion, mercy and grace that he gives added strength to those who put their trust in him. “But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint.”

Whoever believes in him will not be disappointed. “His love has no limit; his grace has no measure/ His power has no boundary known unto men/ For out of his infinite riches in Jesus/ he giveth and giveth again.”



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LWWeekly

## COMMUNITY CHURCH

# The church community is still active

Pastor Johan Dodge of Community Church has recently started serving with Meals on Wheels in Leisure World. With the move to online worship and fewer ministries taking place in the facility, the church has continued its mission by moving into homes — worship is on Facebook and fellowship will soon be on Zoom — but it is from our homes that the work of the church is currently taking place. Prayer shawls are being knit, food is being prepared and distributed to those in need in our community. The building is still closed and Community Church is waiting to celebrate the reopening in a grand fashion, but until then, the church was never closed and the people have only become closer and more active.

If anyone is in need and without another way to address that need, call the church office at (562) 431-2503

Worship starts every Sunday morning at 9:50 on Facebook live @communitychurchleisureworld. Those without a computer or Facebook can still call (562) 431-2503 and listen to the weekly message beginning Sunday evening as it takes time to edit and post the audio.



Pastor Johan Dodge delivering Meals on Wheels.

## St. Theodore’s and Redeemer Lutheran

by **Lisa Rotchford**  
Reverend

Every day seems to be a national holiday. If we celebrate our fallen American soldiers on Memorial Day, and we celebrate our red, white and blue flag on Flag Day (June 14th), its somehow appropriate that we celebrate National Donut Day right in between these two patriotic days!

Since 1938, the first Friday in June—June 5 this year—is known as National Donut Day. People may celebrate with a tasty fried treat, not know that by doing so they are honoring women from The Salvation Army who served doughnuts to soldiers during WWI. These women went to the very front lines throughout Europe to serve home cooked foods to boost the morale of the soldiers. Some say that the American’s earned their “doughboys” nickname because some soldiers used their metal helmets to cook the oil for their doughnuts. And why was it established in 1938? It served as a fundraiser for those in need during the great Depression.

People can honor the brave women who boosted the morale of our soldiers and by buying a donut on this day. Redeemer Lutheran and St. Theodore’s Episcopal churches will be have their bi-weekly “Pick up Your Spirits with Prayer and Communion” Sunday event out in front of the church (13564 Saint Andrew’s Drive) from 10 a.m.–noon. In honor of these women, stop by (with your mask) for a donut (sanitary gloves will be provided) and all money raised will be for sent to our relief agencies that are providing food to those in need during this time of pandemic.

## Assembly of God

As it gets closer to the time when the city of Seal Beach and Leisure World reopen fully, people can use it as a reminder that God provides what everyone needs to meet life’s challenges. It’s difficult to wait for some businesses like hair salons to open. But hardships have a purpose to cleanse selfish attitudes and mixed-up priorities; to be more compassionate and to bring comfort to others; and to relearn God’s promise that he will make a path through any trials.

Psalm 91:9-10 says, “If you make the Most High your dwelling, even the Lord, who is my refuge, then no harm will befall you, no disaster will come near your tent.”

A quote that can help through these times is, “Life is not about waiting for the storm to pass; it’s learning to dance in the rain.” God provides a way for us to live that heightens our awareness of those around us and of His mighty power.

“I will not be in chaos; God is my calm. I will not fear the storms, God is my shelter. I will not live in panic, God is my peace.” The peace of God passes all understanding.

Pastor Sam Pawlak continues to videotape the worship service every Sunday morning with a small number of church members participating using social distancing. DVDs are distributed to all the worshippers. He also brings a short devotion on Facebook at 10 a.m. on Sundays, which is viewed by many in Leisure World and beyond.



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## Meals At-A-Glance

### Grab ‘n’ Go Schedule Clubhouse 6 Parking Lot

- **Monday:** Food service to be determined
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., no pre-orders
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-7 p.m., pre-order by calling (323) 833-1213
- **Thursday:** Domino’s Pizza – Call ahead for special orders; wings and salads offered; 3:30-7 p.m., (562) 493-2212
- **Friday:** Koffel’s Food Service –special Friday menus weekly, cash, cards accepted, 5-7 p.m.
- **Saturday:** Lucille’s Smokehouse- Barbecue, salads, sandwiches, no pre-orders, just show up, 4-6 p.m.
- **Sunday:** Katella Deli debut, extensive menu (see below) offering appetizers, salads, hot entrees, 4-6 p.m.; call ahead, (562) 594-8611 or order online [www.katellabakery.com](http://www.katellabakery.com) (specials of the day available onsite).

All Grab ‘n’ Go events will take place, rain or shine. If it rains or is too hot, people will line up in Clubhouse 6. People are asked to keep a six-foot distance and wear a mask. For information, call (562) 431-6586, ext. 398.

*On-call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379.*

*For more information or to make a suggestion, 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/>.**

### ROLLIN’ THUNDER

## Golf cart club to hold service day June 6 at CH 4

by Mike Levitt  
*LW contributor*

The Rollin’ Thunder Golf Cart Club has scheduled its quarterly Air & Water Day on Saturday, June 6, but not at the usual place. In keeping with safety guidelines to maintain social distancing, the popular cart maintenance event will be held in the parking lot of Clubhouse 4.

Entrance to the cart line-up will be on the exit/alley roadway that connects Northwood Road and North Gate Road on the east side of Clubhouse 3. People must wear face coverings to receive cart service. Cart inspections will begin at 9 a.m. and conclude at 10:30 a.m.

Even though our lives are different right now, cart maintenance is required for safety.

Volunteers will check cart batteries, tires and look for other safety issues. These is never a charge for this valuable service, and all LW cart and scooter owners are welcome to participate, whether or not they are club members.

For further information, call club president Tom Davis at 431-6859.

## Food Resources during COVID-19 Crisis

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 people 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. It is well stocked but limits eggs, milk and paper products.

- 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 with store hours from 10 a.m.-6:30 p.m.

- Target is open on Wednesdays from 8-9 a.m. for seniors only. *(some stores are temporarily closed due to the curfews imposed after looting in wake of George Floyd protests last week).*

- Smart & Final stores are open 30 minutes early, from 7:30-8

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### ORDERS

from page 1

and their respiratory symptoms (e.g., cough, shortness of breath) have improved; AND (ii) at least 10 days has elapsed from when their symptoms first appeared.

» Individuals who have a positive COVID-19 PCR laboratory test result and are without COVID-19 symptoms shall isolate themselves for 10 days from the date when the specimen for the positive COVID-19 PRC laboratory test result was obtained.

This self-isolation order DOES NOT in any way restrict access by first responders to an isolation site during an emergency.

**2. Self-Quarantine of Persons Exposed to COVID-19:** All county residents who know that they have been in close contact, as defined below, with a person diagnosed with or likely to have COVID-19 shall take the following actions:

» Quarantine themselves in their home or another residence until 14 days from the last date that they were in close contact with a person that has been diagnosed with or likely to have COVID-19.

» Exposed persons shall self-quarantine themselves for the entire 14-day COVID-19 incubation period, the typical time between exposure and when symptoms and signs of the disease may develop. They may not leave their place of quarantine except to receive necessary medical care or to obtain such other goods or services necessary for their basic subsistence.

This self-quarantine order DOES NOT in any way restrict access by first responders to a quarantine site during an emergency. This self-quarantine SHALL NOT APPLY to health care professionals and law enforcement personnel.

All businesses, industries and entities listed on the State’s website at <https://covid19.ca.gov/industry-guidance/> and at <https://covid19.ca.gov/roadmap-counties/> that reopen in Orange County as part of Stage 2 of the State’s Resilience Roadmap shall post their corresponding industry-specific checklist at a location visible to the public at the public entrance of each property.

In addition to the foregoing industry-specific checklist, all businesses, industries and entities shall post a document at a location visible to the public at the public entrance of each property that specifically includes an attestation by the business, industry or entity owner and/or operator that it has:

- Performed a detailed risk assessment and implemented a site-specific protection plan;

- Trained employees on how to limit the spread of COVID-19, including how to screen themselves for symptoms and stay home if they have them;

- Implemented individual control measures and screenings;
- Implemented disinfecting protocols; and
- Implemented physical distancing guidelines.

**3. Cloth Face-Covering:** All Orange County residents and visitors shall wear a cloth face-covering outside their home when they are not able to maintain at least six feet of physical distance from another person who is not a family/household member or does not reside in the same living unit. The cloth face-covering order SHALL NOT APPLY to the following persons:

» Children under the age of 2;

» Anyone who has trouble breathing, or who is unconscious, incapacitated or otherwise unable to remove the cloth face-covering without assistance; or

» Persons with a medical or mental health condition or developmental disability that prevents wearing a cloth face-covering.

Residents are encouraged to read the Health Officer’s amended Orders and strong recommendations (as well as related FAQs) in their entirety at <https://occovid19.ochealthinfo.com> and clicking on “Headline News” as there is greater detail that will help provide necessary clarification.

For more information and resources about COVID-19, visit [www.ochealthinfo.com/novelcoronavirus](http://www.ochealthinfo.com/novelcoronavirus).

—from the Orange County Health Care Agency

## Katella Deli To-Go Menu

### Starters

#### Fried zucchini \$9.99

Served with ranch dressing, a Katella favorite!

#### Our Famous Onion Rings \$8.99

Thick cut & freshly breaded in house. Served with ranch dressing.

#### Chicken Fingers \$11.99

Crispy fried white meat chicken served with honey mustard or BBQ sauce.

#### House-Smoked Salmon Dip \$8.99

A creamy spread of smoked salmon, cream cheese and fresh herbs. Served with house made bagel chips. Substitute crudité for bagel chips to make it gluten free \$9.99

#### Fried Mozzarella \$9.99

Breaded and fried crispy. Served with marinara sauce for dipping.

#### House Made Hummus \$8.99

Served with crispy bagel chips and assorted vegetables. Omit bagel chips to make it gluten free.

#### House Made Latkes \$11.99

Three potato pancakes made with a blend of potatoes, onions, eggs and seasonings, cooked to a golden brown. Served with sour cream and applesauce.

### Salads

#### Cobb Salad \$14.99

Chopped romaine, grilled chicken breast, bacon, tomatoes, bleu cheese crumbles, hard-boiled egg and avocado. Served with our special Cobb salad dressing.

#### Barbecue Ranch Chicken Salad \$14.99

Chopped romaine topped with fried chicken tenders, avocado, tomatoes, corn, cucumber and onion rings. Served with our house made BBQ ranch.

#### Spinach Salad \$13.99

Baby spinach, grilled chicken breast, green apple, mandarin oranges, blue cheese crumbles, dried cranberries, and candied pecans, tossed in an orange raspberry vinaigrette.

#### Steakhouse Wedge \$15.99

Grilled steak, iceberg lettuce, bacon, tomato, hard-boiled egg, blue cheese crumbles, and crispy fried onion strings.

#### Asian Chicken Salad \$13.99

Chopped romaine, grilled chicken breast, green onions, toasted almonds, rice noodles, wontons and mandarin oranges tossed in our house made Asian dressing.

#### Chicken Caesar Salad \$13.99

Chopped romaine, grilled chicken breast, croutons, parmesan and our house made Caesar dressing.

### Sandwiches

*All sandwiches are served with your choice of coleslaw, potato salad*

#### Corned Beef \$15.99

Cooked fresh in our stem kettles until fork tender.

#### The Special \$15.99

Hot pastrami, coleslaw, Swiss cheese and Russian dressing on rye.

#### New York, New York \$15.99

Lox and cream cheese on your choice of house made bagel. Served with tomatoes, onions and Greek olives.

#### Randee’s Double Pleasure \$15.49

Hot corned beef and hot pastrami on freshly baked rye.

#### Bronx Delight (Triple-Decker) \$16.29

Hot corned beef, hot pastrami, salami, Swiss cheese and Russian dressing on rye.

#### Sam’s Skyscraper (Triple-Decker) \$15.49

Hot pastrami, fresh roasted turkey, Swiss cheese and Russian dressing on rye.

#### Three Finger \$13.99

Chicken salad, egg salad and tuna salad on three freshly baked dinner rolls.

#### Reuben \$15.99

Hot corned beef or pastrami melted Swiss cheese and sauerkraut on grilled rye.

### Dinner Entrees

#### Corned Beef and Cabbage \$21.99

Corned beef over cabbage served with au jus, boiled potato and roasted vegetables.

#### House Made Meatloaf \$15.99

Thick cut meatloaf topped with house made gravy. Served with mashed potatoes and roasted vegetables.

#### Chicken Pot Pie \$15.99

Traditional pot pie with roasted chicken, carrots, celery, mushrooms and onion in a creamy sauce. Baked and topped with a flaky crust.

#### Chicken Alfredo \$15.99

Grilled chicken, roasted broccoli, tomatoes and pappardelle in a creamy alfredo sauce with basil and parmesan cheese. Served with toasted parmesan bread.

#### Hot Turkey Dinner \$16.99

Hot roasted turkey topped with house made gravy. Served with mashed potatoes, sage dressing, roasted vegetables and cranberry sauce.

#### Sweet and Sour Cabbage \$19.99

Two freshly made stuffed cabbage rolls in sweet and sour sauce served with mashed potatoes and roasted vegetables.

#### Beef Stroganoff \$19.99

Braised short ribs with roasted mushrooms and tomatoes in a traditional Russian sauce, with sour cream and green onions over pappardelle with toasted parmesan bread.

#### Grilled Chicken Piccata \$16.99

Grilled chicken with lemon butter, mushrooms, tomatoes, artichoke hearts and capers over linguini pasta.



LW Poetry

This poetry feature showcase original poems by members of the Creative Writers Club of Leisure World and other GRF members.

Old Stocky

On a high mountain ledge in the Range called Rocky  
There lived an old goat by the name of Stocky.  
This smelly old buck had a flock of does  
Who found his scent as sweet as a rose.  
And twenty-three kids called Stocky their sire  
As they balanced on rocks by chasms dire.  
One day as the goats were chewing their cud,  
Stocky saw some non-goat tracks in the mud.  
Assigning flock guard to his favorite mate,  
He ascended the mount to investigate.  
He climbed and climbed 'til he came 'round a bend  
Where he almost bumped a lynx's rear end.  
The startled cat snarled and launched for a spring  
Meaning to land on the goat's back and cling.  
But Stocky had opposite plans in his mind---  
To teach a lynx a lesson---and all of its kind.  
As the cat attacked with claws like thorns,  
Stocky lowered his head and used his horns.  
Over the cliff the shocked cat sailed  
'Til he caught in the fork of a tree and bailed.  
Meanwhile our Stocky returned to his flock  
To stand even prouder on his pinnacle of rock.  
—Ethel Carter

Video Producers Club Zoom Classes

The Video Producers Club is offering free Zoom classes at 10 a.m., Monday-Friday, and a Zoom Party Social on Saturday at 5 p.m.  
Classes are as follows:  
•Monday, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.  
•Monday, 2 p.m., Zoom class for iPad and Mac users with Fred Carpenter, host. For an invite to his class, email sail1042@gmail.com.  
•Tuesday, June 9, 10 a.m., features guest lecturer Miryam Fernandez with Bonnie Z. Cooper. The Zoom on Windows 10 will start Tuesday, June 9, at 10 a.m. Email mzzmimm@gmail.com for an invitation.  
•Wednesday, 10 a.m., beginners Zoom class Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.  
•Thursday, 10 a.m., beginners Zoom class for Windows and Android users and for beginning Video Producers with Joseph Valentinetti, host. For an invite to his clas, email 0501041@gmail.com.  
•Friday, 10 a.m., guest lecturer Bob Cohen in Friday Morning Tech Talk; learn more about technology each week. Email bob@bobology.com for an invite or visit the calendar at www.bobology.com.  
•Saturdays, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email 0501041@gmail.com.  
—Joe Osuna

Free Technology Classes

Free technology classes are offered by Bob Cohen. All classes are taught via Zoom. Register in advance for the meetings by emailing Bob Cohen at bob@bobology.com.  
After registering, you will receive a confirmation email containing information about joining the meeting. The next meeting—Blogging Basics— will be held on June 5 at 10 a.m.  
For more information, email Bob Cohen at bob@bobology.com.

Zoom Classes with Miryam and Bonnie

Miryam Fernandez and Bonnie Z. Cooper will host a series of Zoom/technology classes on the Zoom platform on Tuesdays at 10 a.m.  
There are many devices that can be used to Zoom, so the class on Tuesday, June 9, will focus on Windows 10 (PC) users only.  
Other classes will be announced soon. Email Miryam at mzzmimm@gmail.com or Bonnie at bonniez562@yahoo.com for an invitation and to suggest other topics of interest.  
—Miryam Fernandez

Friends of the LW Library

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.).



LWer Harriet Anderson sent in these photos of a butterfly emerging from its chrysalis. “I’m sure many of our readers would enjoy seeing these photos by Gloria Cunningham.” Butterflies have four life stages, the egg, the larva (caterpillar), the pupa (chrysalis) and the adult butterfly. Each of the stages are unique to individual species of butterflies, which is part of what makes watching them so much fun.

FOOD

from page 11  
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**  
The Farmer’s Market is open at 9 a.m. on Tuesdays at Seal Beach Village parking lot.

The Primrose Restaurant in the same shopping center offers a pop-up mini market daily in the parking lot 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 at the Clubhouse 6 parking lot at a Grab n’ Go event. In case of long lines or warm weather, lines will form inside Clubhouse 6. Vehicles should be parked; golf carts will not be permitted in line. Mobility aids are allowed (see page 11 for the Grab n Go schedule).

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.

Two new grocery delivery systems will be offered in June. Both are tweaking their websites and ordering processes to provide ready-to-serve meals as well.

All information is subject to change as the food services are dependent on their suppliers. There may be longer wait times and a limited amount of meals. 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.

For a list of local restaurants that deliver, visit https://www.seal-beachca.gov and click on “Support Local Business.”

—Kathy Thayer

Sewing Room Offered to Make Masks

The GRF is offering the use of the Sewing Room in Clubhouse 3 to make face coverings under strict guidelines:  
• Only two people at a time will be permitted in the Sewing Room.  
• The hours will be between 8 a.m.-3 p.m. weekdays.  
• Mask makers must reserve their time with the Reservations Office by emailing kathyt@lwsb.com.  
• Each person will be permitted 2 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.

Rancho Los Cerritos

Rancho Los Cerritos will reopen its garden spaces to the public starting June 10. Hours are Wednesday-Friday and Sunday from 1-5 p.m. with extended summer hours on Saturdays from 9 a.m.-7 p.m. Visiting the site will still be free, but visitors must reserve a timed ticket online at RanchoLosCerritos.org/Reserve in advance to ensure a safe capacity. Tickets will be emailed to each guest.

COVID

from page 2

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. Seal Beach has 23 reported cases as of presstime, according to the Orange County Health Care Agency.

COVID-19 Testing at Home

If you’re interested in taking a free COVID-19 test in your home in Leisure World by licensed, trained lab personnel, contact Reddy Urgent Care in Huntington Beach by email at Reddyurgentcare@gmail mail.com, attention: Helen and Minerva, who will send you information. Required is a copy of your I.D. card and insurance information, and they will schedule an appointment at your home.

Insurance will be billed if it covers the test; if not, there is no charge. Usha Rani K. Reddy, M.D., is a board-certified emergency room physician working with Long Beach Emergency Medical Group. His group provides physician services at St. Mary Medical Center in Long Beach and Little Company of Mary Medical Center in San Pedro.

He also owns and runs three urgent care centers that provide medical services comparable to an emergency room visit. Currently COVID-19 testing and blood draws for the anti-body test are being done at all the centers; for general information, visit reddyuc.com.

Reddy Urgent Care Centers are located at 123 Atlantic Ave., Long Beach, 90802, (562) 726-1383; 4237 Atlantic Ave., Long Beach, 90807, (562) 336-1656; 7772 Warner Ave., Suite 103, Huntington Beach, 92647; (714) 916-0241.

Thank you to LWer Donna Sprow for providing this information.

CVS on PCH has COVID-19

CVS, 921 Pacific Coast Highway, Seal Beach, now offers limited testing for the COVID-19 virus. Go online and schedule an appointment time. At the drive through, you will be given a self test to take and then return it to a kiosk outside the store.

People must follow online instructions, register, schedule a time for the drive through and then follow instructions for the self test.

Limited appointments are available to patients who qualify. Patients being tested are required to stay in their vehicles and surfaces are sanitized after each visit.

To learn more, visit https://www.cvs.com/minuteclinic/covid-19-testing.



# Community



Elizabeth Bowen (l), Anna Derby and Michael Oh in front of the ocean in Napili.

## TRAVEL STORIES

### Eating their way through Maui

When Anna Derby saw an article in the April 21, 2019, L.A Times Sunday Food section titled “Eat Your Way Around Maui,” she knew she had to go.

She and Michael Oh booked the trip in January so that they could experience the adventures and local restaurants highlighted in the article.

During their time in Maui, Anna and Michael stayed with Anna’s niece, Elizabeth Bowden near the Kapalua Golf Course from Jan. 2-5 while her niece vacationed in Los Angeles.

Once Michael and Anna got there on Jan. 2, they watched the Sentry Champions of Tournament while they stayed in Napili, which is close to where the Kapalua Golf Tournament was being held. During their time in Napili, they tried the famous Maui tacos, but didn’t have a chance for more adventures until they moved on to South Kihei.

Both Michael and Anna said that south Kihei was one of their favorite places they visited because the restaurants and shopping areas were easily accessible and they could catch a beautiful sunset during their daily walks along the sand. They said that sometimes they would see humpback whales migrating while walking along the shore.

They met up with Michael’s longtime friends, James and Young Kang, who had moved from Portland to Maui. They caught up over dinner at Cafe O’Lei in South Kihei. Café O’Lei is a casual place with great seafood. It has a nice vibe inside, it’s right across from the beach, and they have a raw bar on weekend nights. They are famous for their Maui Onion Soup dish, which the chefs make from Maui onions and top with a fresh pastry. Unfortunately, by the time the group arrived, the restaurant was out of the soup for the day.

Anna ended up ordering the Opah Fish dish and Michael got blackened mahi mahi.

Elizabeth moved to Lahaina to teach ESL to local children. She suggested they try Merriman’s in Kapalua before Anna and Michael headed home. Merriman’s is a restaurant in the Kapalua Resort in Maui. It is a farm-to-table restaurant, which means at least 90 percent of the ingredients in the kitchen are locally grown or caught, using only sustainable methods.

Anna said it was amazing to dine at the Merriman’s Maui location overlooking the Pacific Ocean at Kapalua. While four of them were dining, they watched a storm blow through and a couple get married. The restaurant is open concept and did not have any walls, so the staff did its best to protect its guests from the storm by lowering awnings. The storm disrupted an otherwise perfect night. The spectacular secluded location and view made it a most memorable dining experience.

Michael and Anna ventured to only two of the 10 local restaurants highlighted in the LA Times article but they enjoyed their time at Cafe O’Lei in South Kihei and Merriman’s in Kapalua. When it is safe to travel again, they hope to try more locals’ favorite places that Anna has saved for the next trip’s guidebook.

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

## Democratic Club

By Mary Larson  
LW Contributor

Even if this period of self-isolation extends through Nov. 3 here in Leisure World—if not the country or state as a whole—we can be thankful that Californians can all vote by mail. However, having the right to vote by mail is not enough, especially if we, as Leisure World voters, don’t participate in the election.

The reality is that only 4,064 of the over 6,000 persons registered to vote in Leisure World actually voted for their presidential preference in the recently completed primary. There were over 200 more persons who voted for a candidate of their choice in the 72nd Assembly District race but that was not a surprise, considering how contentious the election was.

Given the situation, the Democratic Club leadership is in the process of determining how best to increase the number of voters in the General Election. It is very unlikely that there will be any face-to-face club meetings or door-to-door canvassing before Nov. 3, due to our continued self-isolation. A scheduled Town Hall for September featuring our Congressman Harley Rouda has also been canceled.

The club will send its usual letter to all registered Democrats and No Preferred Party voters in Leisure World. Plans are also being considered that would involve expanding our current “calling” list participants to reach voters, whether or not they are club members. Club members who have other ideas are urged to share them by phoning our Vice-President Kathy Moran at (562) 596-0450 or emailing [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com).

♦♦♦

If you want to stay informed and are interested in receiving the Club’s electronic newsletter on a regular basis, email the editor, Mary Larson, at [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com) with your contact information.

## AA Friends

AA Friends meetings are continuing in Leisure World during the shut down of its clubhouse meetings. Those who would like to receive the online Zoom meeting codes, call (562) 500-5105 or (213) 248-0539.

## For your information:

All mail left at the LW Post Office by the Amphitheater or any LW postal box prior to the last pick-up of the day will be processed the same evening at the main Long Beach Post Office.

The LW Weekly  
430-0534



## PAWS, CLAWS AND BEAKS

### Holly is June’s pet of the month

Marina and Holly Tesla are so grateful for each other during this time of social isolation. Holly, a Rag Doll mix, was rescued from the bushes in Florida shortly after she was born, then flown here to Leisure World. The two have been the best of friends for 10 years now. Holly gets her exercise by going outside and chasing squirrels, catching lizards and playing fetch with Marina. She loves to be brushed, pet by visitors and cuddling up with Marina to watch “Animal Planet”

## SBTV Listing

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

### Thursday, June 4

4 pm K9 Corner  
5 pm Life and Times: Lawhead Brothers  
6:30 pm SBCC Budget Workshop LIVE  
8 pm On Q—8bit Jazz Heroes  
9 pm Americana Awards  
11 pm Ocean Perspectives

### Friday, June 5

4 pm Beginning of Leisure World  
4:15 pm World’s Fair Newsreel 1964  
4:30 pm Lyon Air Museum  
4:45 pm Wally Schirra  
5 pm Beginning of Leisure World  
5:15 pm Shelter at Home Entertainment

6 pm LW Mystery at the Theater  
6:40 pm Abilene Amphitheater  
8 pm Life and Times- Lawhead Brothers  
9 pm Cerritos Center- Golden Dragon Acrobats  
10:37 pm Cerritos Center- The Four Tenors

### Saturday, June 6

4 pm Wally Schirra  
4:15 pm Lyon Air Museum  
4:30 pm K9 Corner  
5 pm McGaugh Patriotic Show  
5:45 pm McGaugh 1st Grade Weather Show  
6:30 pm McGaugh Go West!  
7:15 pm Shelter at Home Entertainment  
7:30 pm Ocean Perspectives  
8 pm LAUSD  
10 pm Cerritos Center-Matt Mauser

### Sunday, May 17

4 pm SB City Council Meeting replay 6-4  
6 pm Aquarium of the Pacific

7 pm Spirit of Seal Beach  
7:30 pm History of Seal Beach  
8 pm Wally Shirra/Newsreel 1964  
8:30 pm Riders in the Sky-Cerritos Center

10:15 pm Abilene Amphitheater  
11:35 pm Bob Cole Conservancy

### Monday, June 8

4 pm Harmonize Humanity  
4:30 pm Aquarium of the Pacific  
5 pm Vintage Vehicles  
6 pm McGaugh’s 3rd Grade Show  
7 pm SB City Committee Meeting LIVE

8:30 pm Beginning of LW  
8:45 pm World’s Fair Newsreel 1964  
9 pm LW Special Olympics  
9:15 pm Aquarium of the Pacific  
9:30 pm Cerritos Center- In the Mood

11:40 pm National Parks/Drone Club

### Tuesday, June 9

4 pm Harmonizing Humanity  
4:30 pm Beginning of Leisure World  
4:45 pm World’s Fair Newsreel 1964  
5 pm Shelter at Home Entertainment  
5:15 pm McGaugh - Go West!  
7 pm Abilene Amphitheater  
8:30 pm Cerritos Center-Matt Mauser

10:30 pm Bob Cole Conservancy

### Wednesday, June 10

4 pm LW’s Special Olympics  
4:15 pm Beginning of Leisure World  
4:45 pm McGaugh’s 1st Grade Show  
5 pm National Parks/Drone Club  
5:30 pm Aquarium of the Pacific  
6 pm History of Seal Beach  
6:30 pm Spirit of Seal Beach  
7 pm Seal Beach City Limits- Richard Hastings

8 pm Cerritos Center- Golden Dragon Acrobatics  
9:37 pm Cerritos Center- The Four Tenors  
11 pm Bob Cole Conservancy

\*All programming is subject to change.

Relive past memories of **TRAVEL**  
by sending an email to  
**[Laurieb@lwsb.com](mailto:Laurieb@lwsb.com)**



PAWS, CLAWS, AND BEAKS

Vet care clinic rescheduled to July 16

LW Community Church (14000 Church Street) is hosting a Vet Care Clinic on Thursday, July 16, from 9–11 a.m. It is first-come, first-serve to this low-cost dog and cat vaccination clinic. Nail trimmings, glands and blood work, heart guard, flea and tick medicine distribution services will also be available at the clinic.

Residents must wear masks, gloves and stay six feet apart from each other.

FALW

July 4 Veteran’s Picnic postponed

The Filippino Association of Leisure World’s originally scheduled July 4 Veterans Picnic has been indefinitely postponed for another date due to the COVID-19 restrictions. Club President Renato Villanueva will announce the rescheduled date when it is possible to gather again.

GOLDEN AGE FOUNDATION

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

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.

One of the ways that people can help GAF is through the Ralph’s Community Rewards Program. Sign up on [www.ralphs.com](http://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

See RALPH’S, page 20

Sunshine Club

In response to the ongoing COVID-19 issue, the Sunshine Club canceled its scheduled meetings for June. The three planned speakers, Tina Schaffer, Dr. Roger Moon, and Anne Stone will be rescheduled to speak at another meeting in 2021. The club will meet again when it is safe to do so and will announce its return through the LW Weekly.

The club invites LW community leaders and representatives to talk about their organizations. A wide variety of specialists are also invited to share their experiences and ideas with club members. The Sunshine club is proud to help newcomers become familiar with the community they live and make new connections and friends.

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

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

HOME COOKING

Calling for recipe submissions

Since most people are not eating out anymore, many people have used the opportunity to sharpen their home cooking skills.

Do you have a favorite recipe that is requested at every party or event? Have you finally mastered a once-intimidating recipe during quarantine? Or are you needing some inspiration to start cooking new meals for you and your household?

Share your favorite recipe with your neighbors by emailing [laurieb@lwsb.com](mailto:laurieb@lwsb.com) with photos attached as jpeg files.

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 Recreation 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

See HOT, page 20

SCRABBLE GRAMS SOLUTION

I N S O F A R	RACK 1 =	60
H A L C Y O N	RACK 2 =	80
C A R P O O L	RACK 3 =	63
L E U C O M A	RACK 4 =	61
S A P W O O D	RACK 5 =	63

PAR SCORE 260-270

11/141 327

Crossword Answers

Crossword puzzle grid with answers filled in.

Sudoku 1 Answers

Sudoku puzzle grid with answers filled in.

The Basic Rules of Sudoku:

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

Jumble Answers

VALET IGLOR SEESAW PEACHY  
When not one person bid in the charity auc-  
tion, the first thought — WHAT GIVES?

Puzzle Answers

Puzzle page 18-19

Cartoon strip with two panels. Panel 1: Two characters talking. One says "I'M ALWAYS LOOKING FOR A GOOD TIME!". Panel 2: Two characters talking. One says "TRY GETTING A SWISS WATCH."

Sudoku 2 Answers

Sudoku puzzle grid with answers filled in.

Guess Who?  
Answer: Tom Holland

Crypto Fun Answers  
A. fireworks B. lit C. display D. sparkle

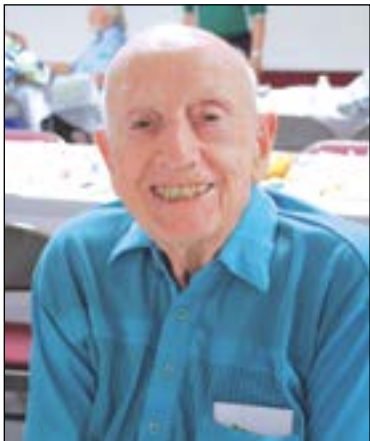
Boggle BrainBusters Answers  
LEWIS PRADO HORSE FROWN MONKEY OWEN SLOTH MOUSE

Word-Find Answers

Word-Find puzzle grid with answers circled.



# Obituaries



...  
**Joseph J. Capra**  
1921-2020

Joseph J. Capra, age 99, passed away peacefully on Friday, May 22. He was born in Akron Ohio to a family of 11 children. Joseph and his twin brother were the only boys in the family.

He was a proud veteran and served six years in the Navy as a chief petty officer. He ran a dental clinic during his time in Australia as a medic. When talking about his time in Australia, he would say that he was at the first MASH unit, but unlike the TV show, there were no female nurses.

After the Navy, Joseph moved to Long Beach, California, and met his wife, Jean. They met at a dance and continued a long marriage of dancing and traveling together for over 60 years.

After moving to Leisure

World 22 years ago, Joseph started to volunteer for the Golden Age Foundation. He started by volunteering with his wife in hospitality, serving coffee and pastries in the mornings. After Jean had passed, he would go to Sprouts three days a week to pick up items to distribute to LW residents. He had mentioned several times that he hoped to live to age 100, as there are so many people that needed his help. He even continued his volunteer work until two weeks prior to his death. Joseph logged over 12,000 volunteer hours for the Golden Age Foundation. He had an uncanny ability to reach people in a deep and positive way and touched many lives with his generosity and passion for life. Joe always had a caring and friendly heart and was liked by all who met him.

When he was not volunteering, you could find Joseph playing pinochle several times a week, and he was a past officer in the Italian American Club. He would always say that pinochle was serious business! He had a passion for music, playing cards and helping people. And if you were lucky enough, he would even sing to you!

Joseph is survived by his daughter, Debbie Kruger, and stepdaughter, Linda Sheehy. He had three grandchildren and two great-grandchildren.

There will be a funeral some-

time in the future when it is safe to gather. A notice will be posted when the arrangements are made.  
—paid obituary

...  
**Gaetana "Tana" Accardi**  
1920 - 2020

Gaetana Accardi (née Marino) was born April 26, 1920, in Wakefield, Massachusetts, and passed away on May 4, 2020, at her home in Seal Beach, California.

Tana (as she was affectionately known) spent her 100th birthday surrounded by family and friends.

Tana was a daughter, sister, wife, mother, godmother, grandmother, great-grandmother, aunt, cousin, neighbor and friend. She worked as a junior high school cafeteria manager, supervisor at LA county mental health and hygiene social work, and was a student at the Braille Institute.

When she lived in Leisure World, she was a member of Italian club and quilting club. She enjoyed the crocheting baby blankets, baking candy, decorating cakes, gardening, telling stories, traveling, taking the bus and daily walks.

She is preceded in death by her parents Charles and Teresa Marino (née Bisso), brothers Philip Marino and Ray Marino,

her cousin "Uncle Sal" Salvatore Marino and her beloved husband, Joseph Accardi.

Tana is survived by her sons Philip Accardi (wife Barbara Sardella) and Charles Borges Accardi (wife Millicent Borges Accardi), her sister Mary Ellington and sister-in-law Pauline Marino. Her grandchildren Vanessa Accardi and fiancé Jorge Beliz; Jennifer Pruitt and husband, Matthew Pruitt; Maria Accardi and wife, Constance Merritt; Angela Gering and her husband, Christopher Gering and Joseph Accardi with his wife, Miranda Accardi. Great grandchildren Tori Tana Lawler, Chloe and Ryan Pruitt, Francis and Constantine Gering, Milo Stratton and Salvatore Accardi.

She will be laid to rest in a private service alongside her husband Joseph Accardi at All Souls Cemetery in Long Beach, California. A celebration of Tana's life will held at a later date.

...  
**In Memoriam**

Charles Marra 73  
Walter Roach 85  
William Cameron 91  
Rebekah Doane 29  
Joseph DeFelice 23  
Luis Berneo Cueva 63  
Phoeung Meas 72  
Norman Fraser  
Gina Joya 32  
Joseph Grasty 89

Theresa Odenigbo 79  
Glen Rogers 86  
Mary Taylor 79  
Olivia Jaspar 73  
Ruby Polizzi 79  
Sondra Sapolsky 87  
Benjamin Prado 67  
Frances Harding 97  
Narcisa Williams 78  
Mary Carron 78 Families assisted by  
McKenzie Mortuary,  
961-9301  
—paid obituary

The OBITUARIES  
deadline is 4 p.m.,  
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laurieb@lwsb.com  
with photos attached  
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Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

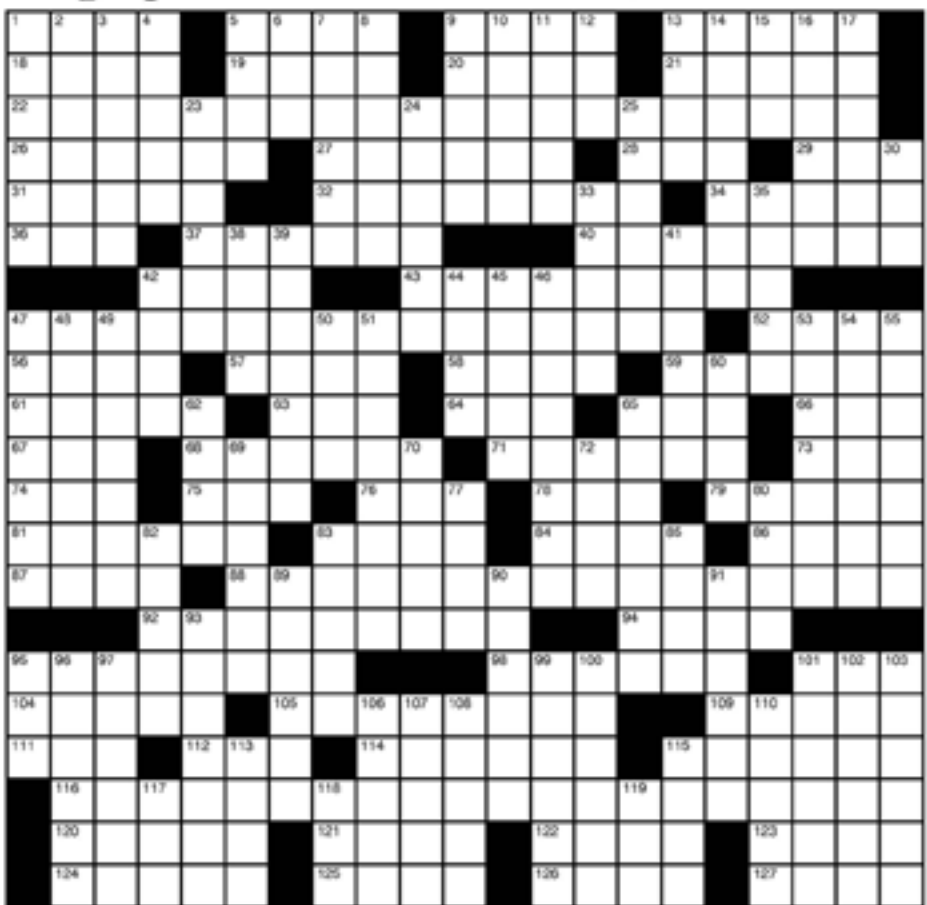


Biographic

Edited by Linda and Charles Preston

CROSS

- 1 Inter \_\_\_\_: among other things
- 5 Disfigure
- 9 Illumination unit
- 13 Habitat
- 18 Resounded
- 19 Arm bone
- 20 Lasso
- 21 Allowed for container
- 22 "October turned \_\_\_\_": Thos. Aldrich
- 26 TNT relative
- 27 Dry material
- 28 Elec. unit
- 29 Former mid-east, org.
- 31 Appointments
- 32 Praise
- 34 Subcontinent
- 36 One, in Perth
- 37 Broadcast mode
- 40 Swimsuit style
- 42 Reversal
- 43 Belief systems
- 47 Choice of birthstones for Libras
- 52 Gaelic
- 56 Dependent upon
- 57 Bog
- 58 Normal levels
- 59 Foolish action
- 61 Expiate
- 63 Foremost position
- 64 Nautical dir.
- 65 Greek letter
- 66 Part of a life jacket?
- 67 Apex
- 68 Macaque
- 71 Inflexible shoes
- 73 Colonist of a sort
- 74 Friend from Finistère
- 75 Boys next phase
- 76 Type of chart
- 78 Gram. case
- 79 Reprove
- 81 Scamp
- 83 Lean-to
- 84 Federal standards agcy.
- 86 Collections
- 87 Chorus member
- 88 First Lady born October 11, 1884
- 92 One-performer play
- 94 Roman coins
- 95 Immigrant status
- 98 Mark of the well-read?
- 01 Footlike part
- 04 Ex \_\_\_\_: one-sided
- 05 Magician's manual
- 09 Active cause
- 11 Egg: Comb. form
- 12 French pronoun
- 14 Relative
- 15 British novelist Laurence \_\_\_\_
- 16 Columbus title
- 20 Infectious
- 21 The facts, for short
- 22 Attraction



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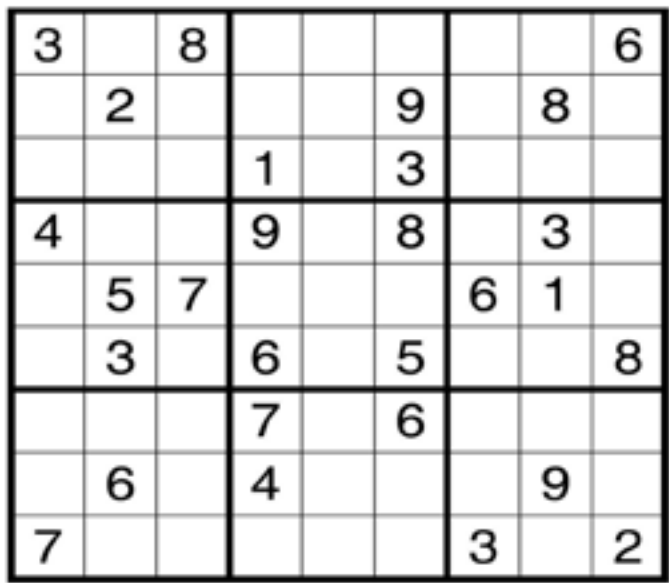
6/7/20

- 123 Peregrinate
- 124 County of SE England
- 125 Surprised exclamation
- 126 Alt. transport
- 127 Objectives
- 23 Marsupial
- 24 Make unintelligible
- 25 Ancient Greek headband
- 30 "Norma \_\_\_\_": Field film
- 33 Villages
- 35 Japanese immigrant's child
- 38 Mine car
- 39 Brighten
- 41 Uncle Sam suggestion
- 42 Vacuum tube: Suffix
- 44 Too bad!
- 45 Vulgar
- 46 Corrida figure
- 47 Spiny New Zealand reptile
- 48 Best
- 49 Perfect world seeker
- 50 Namesakes of a Gershwin
- 51 Water lily
- 53 Salad ingredient
- 54 Eyebrow raiser
- 55 Part of a physical exam
- 60 Storage unit
- 62 Columnist Bombeck
- 65 Urban driver's nemesis
- 69 Western capital
- 70 City in Tuscany
- 72 Lower part: Comb. form
- 77 Ancient kingdom near the Dead Sea
- 80 "To \_\_\_\_ and to Hold"
- 82 Heavenly body
- 83 Passover feast
- 85 Kazakh's location
- 89 Roofed, open gallery
- 90 Pungent root
- 91 Corrigenda
- 93 Former
- 95 GI's address, in part
- 96 Washing out
- 97 Eye parts
- 99 Bay windows
- 100 Producing: Suffix
- 101 Individual
- 102 Set of nine
- 103 Boils
- 106 Image: Comb. form
- 107 Soprano Anna
- 108 Lacking
- 110 Classification
- 113 Africa antelope
- 115 Bishoprics
- 117 Sra. counterpart
- 118 Sass
- 119 TV accessory?

DOWN

- 1 Philip II's naval force
- 2 Nonprofessional
- 3 Resident
- 4 Marble player's treasure
- 5 Hebrides island
- 6 Pub serving
- 7 Insect stage
- 8 Evil intent
- 9 Madrid museum
- 10 Mean dwelling
- 11 Lincoln Center production
- 12 Certain engines, for short
- 13 Particle
- 14 Highland skirler
- 15 Mountain: Comb. form
- 16 Fool
- 17 Of Nordic literature

Sudoku 1



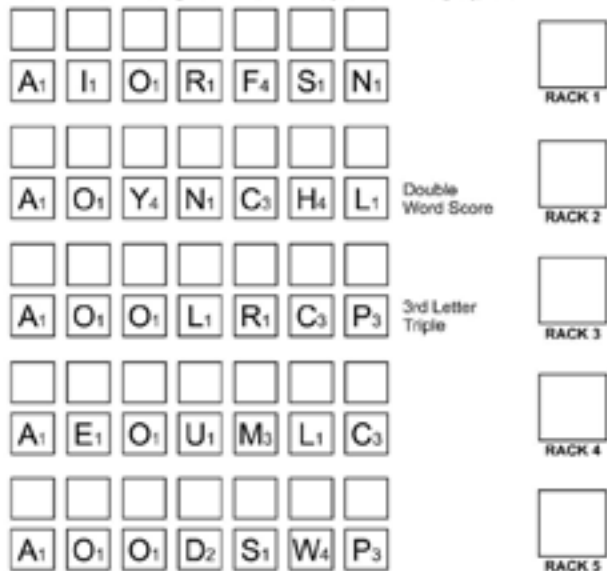
9 To 5 By Harley Schwadron



The Observer Crossword Puzzle

SCRABBLE G R A M S

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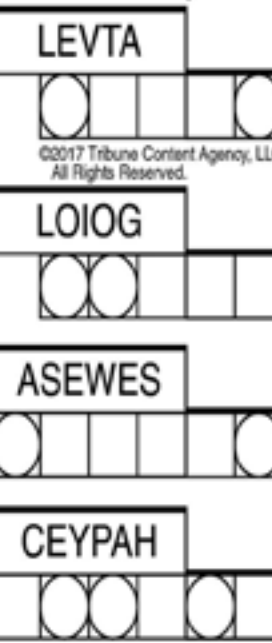


PAR SCORE 260-270  
BEST SCORE 327  
FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

JUMBLE

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

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



Answer here: \_\_\_\_\_





I am an actor born in England on June 1, 1996. I attended the BRIT School for performing arts and technology. Early in my career I was on stage as Billy Elliot. However, my acting web has now grown to include a popular superhero and many other notable roles.

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

## Puzzles & Comics

### Answers on page 14





HOT  
From page 14

on an 85-degree Fahrenheit day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees in 10 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.

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.

RALPH'S  
from page 14

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. 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.

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

The LW Weekly  
430-0534

GENERAL

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By Helen  
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AVON

Lenora Browning, LW Resident.  
Phone 562-493-5457. Seal Beach  
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Looking for someone with \$25,000 hid under their mattress. I have 2 hot new plastic products scheduled to go on national T. V. within the next 60 days. The high speed plastic injection molds are finished and in production. The patents are granted. The money is basically needed for product production, packaging and improved art work and shipping. You can have fun and make a lot of money in a hurry. They are talking about selling over 15 million to start. Your investment will be returned. You can become involved in the project if you have the time. I'm a senior and naval veteran (destroyers). Call Bob Hopson for more details: (562) 305-8034. 06/11 or visit: <https://www.youtube.com/watch?v=TuPlgnrJ7z8>

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

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

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In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 06/11

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WINDOWS,

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gra0006. 06/25

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

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Golf Cart, Sales, parts and services. 714-292-9124. 05/13/2021

For sale - Classic Car like Golf Cart by Western Town & Country. Runs great, recent batteries. 1st \$2,250 takes it. (714) 292-9124. 06/04

2006 YAMAHA four passenger/rear fold down carryall bed electric Golf Cart color with added Tan mounted cover. Good tires and batteries. 48 Volt 18 MPH motor. \$2,400. Bob 714-801-4059. 06/04

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Need a lift? Pam Miller. LW Resident. 310-227-1258. 05/28

Rides by Russ,  
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LWWeekly

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# Classifieds

## MISCELLANEOUS FOR SALE

Small electric walking treadmill and like new fold-up rowing machine. \$25 each. (714) 365-5194. 06/04

Small powerlift fabric recliner. Like new. Cabernet color. \$600 OBO. (562) 774-6135. 06/04

For sale Monopoly collectors edition. Offer information. (951) 306-5002. 06/04

Tricycle for sale. \$45.00 OBO. Needs TLC. (562) 879-1494. 06/04

## MISCELLANEOUS WANTED

Wanted women's tricycle & men's bike. Good condition. Sue or Walter (562) 412-3716. 06/11

Looking for Bose radio. (951) 306-5002. 06/04

## FREE ITEMS

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

## CARPORTS WANTED

I would like to rent a carport & storage space in Mutual 8. (949) 735-0273. 06/11



## Mutual 15-7L 13300 Del Monte

Enjoy the ocean breeze from this light and bright 2 BR 2 BATH upper level CORNER unit! Southeastern exposure, central heat/air, upgraded kitchen & baths, dual pane windows, crown molding, open air balcony, 3 ceiling fans and a great location near entry gate and just steps from carport and guest parking.

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Senior Real Estate Specialist

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estee.edwards@mac.com  
DRE # 01870445



**Erika Shapiro**  
BRE # 01448494

Resales Specialist  
Mut. 17 Resident  
**Traveling Notary**  
**562-208-5223**

## New Listing:

**2 BDR/2 Bath Mut 15**  
West Facing Upstairs Corner, Fully expanded with Lots of upgrades. New Kitchen, Laminate flooring, Central A/C Heat And more.  
**Mutual 15 - 29J \$329,000**

## New Listing:

**2 BDR, 1 Bath,**  
Partially Expanded, Greenbelt View, Newer kitchen, granite counter top. Smooth ceilings, double pane windows, 3 skylights, shower over a real Bath tub, fresh paint, and more.....  
**Mutual 7 - 159i \$259,000**

## Drive-up Corner, Side Expansion

Fresh Paint, new hi-end laminate flooring, 2 A/C Heat Pumps  
**Mutual 5 - 106F \$255,000**

## Reduced Move-In Ready

**2 BDR/1 1/2 bath**  
Fully expanded corner drive up, washer/ dryer, dishwasher & more  
**Mutual 2, 19F \$309,000**

## Country Cottage

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

## 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**

## Coming Soon:

**2 BDR/1 Bath Basic**  
New Paint, new flooring A/C heat pump

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**Beautiful One Bedroom**

**13820 Annandale Dr. M1 #42B**  
**2 Days On The Market**



**Corner on Central Park**

**1301 Kenwood Rd. M7 #159G**  
**3 Days On The Market**

**All 35 of the current On Site Home Sales listings have a "Virtual Tour" attached to the computer listing. Buyers are making their choice even before physically seeing the property. This is our new "Normal".**

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**8 in "Pending" - Yours could be next!**



**Dawn Januszka**  
Broker  
DRE #02110501



**June Stokoe**  
Escrow Officer



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**Elana Altman**  
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**Maryann Shaddow**  
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**Kathy Gupton**  
Associate Broker  
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# Kathy & Gloria Gupton & Hadley



**Gloria Hadley**  
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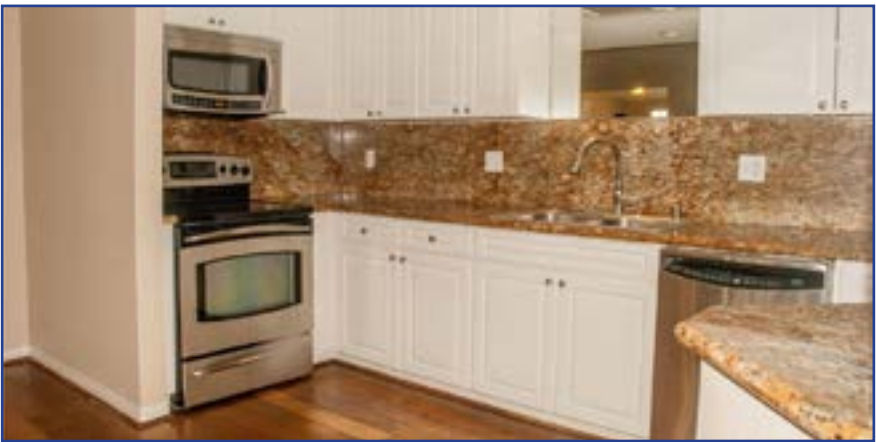
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## Buying or selling...

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**Mutual 12-9D \$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.



**Mutual 4-85G \$459,000**

This lovely fully expanded 2 bedroom, 2 full bath home has so many great features, stacked stone trim with side drive-up, stone patio with outside storage, leaded glass entry door with sidelite, patio off second bedroom with glass entry door, both patios with decorative metal enclosures. Built in white appliances including range with microwave, dishwasher, side by side refrigerator and pantry. Expanded master bedroom with built-in shelves and granite insert that may be used as media center or desk. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio, second bath with tiled full shower and stone counter. Other features include dual pane windows, bay windows in living room and bedrooms, tile flooring in kitchen and bathrooms, new carpet in living area and bedrooms, recessed lighting with smooth ceilings and crown molding throughout, plenty of extra storage, central heat and air conditioning. If you are looking for a home that is move in ready and has everything you could possibly need then this is a must see!



**Mutual 15, 32K \$239,000**

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



**Mutual 1-47D \$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

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### Pending

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



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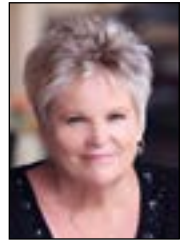
**Jim Duncan**  
714-356-6717  
Broker/Manager



**Susie Allen**  
562-338-3833



**Robin Gray**  
562-209-5605



**Barbara Diette-Dobias**  
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**Kathy Gupton**  
562-338-3833



**Gloria Hadley**  
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**Edwina DiMario**  
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**Vickie Van Ert**  
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**Leah Perrotti**  
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**Hanna Rubinstein**  
562-900-4243

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



## Two-Bedrooms

**Mutual 8 195C** \$195,000  
remod. potential, enclosed patio,  
central air and heat

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

**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 10 250D** \$239,000  
high side expan., washer/dryer,  
cent. air, 4 skylights, must see

**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** \$254,000  
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** \$269,000  
2 baths, enclosed porch, green-  
belt, trees, drive-up, nice

**Mutual 6 65A** \$315,000  
bright corner, washer/dryer, new  
lam. floors, fresh paint

**Mutual 10 - 257G** \$318,000  
corner, full expan., cent. air, great  
condition, drive up

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

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

**Mutual 7 161L** \$389,000  
Gorgeous remod. corner, washer/  
dryer, cent. air, drive up parking

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

**Mutual 11 262I** \$449,000  
btl. remod on greenbelt, washer/  
dryer, cent. air, must see

**Mutual 4 85G** \$459,000  
full expan., granite, large skylight,  
washer/dryer, 2 bath, super

**Mutual 15 9D** \$529,000  
gorgeous, atrium, fully remod-  
eled, must see

## One-Bedrooms

**Mutual 1 40B** \$159,000  
fully expanded, lam. floors,  
light and bright, fresh paint

**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



**Claudette "CC" Cooley**  
310-484-9600



**Linda Patton**  
562-522-3364



**Adrian Villarreal**



**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**  
949-212-8748



**Chris Kim**  
424-247-4542



**Gail Alonzo**  
562-673-6703

# Robin Gray & Barbara Diette-Dobias

Your Leisure World Sales Team



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



**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.)

## STUNNING - ONE-OF-A-KIND - CUSTOM CORNER!

This **GORGEOUS ATRIUM** has it all with 1600 sq. ft. of living space, a pretty setting on a green, plus close parking, a formal living room, gourmet kitchen with granite counters and stainless steel appliances, large family room and dining area, 2 large master bedrooms - both with their own bathroom, office, indoor laundry room, central heat/air, 4 bay windows that allow the natural light to shine in, tile and laminate floors through out and fresh paint! If you are looking for the perfect retirement home, then look no more - this is it!! For more information give us a call today



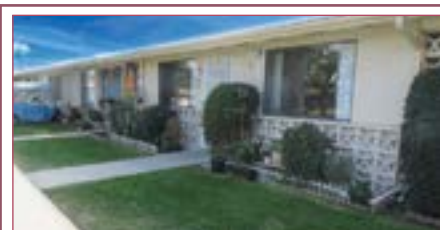
**Mutual 6-136-C \$339,000**  
Fully expanded two bedroom - one bath, south facing courtyard. Remodeled kitchen and bathroom, fresh paint, skylights, dishwasher, pantry, newer appliances, microwave, Forced Air/ Heating plus WASHER AND DRYER. Laminate flooring with tile in kitchen.



**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 \$318,000**  
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 \$159,000**  
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!!**





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**FIRST TEAM®**  
REAL ESTATE

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

For 2020, I have a total of 36 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



**13962 El Dorado Dr., #60G | M2 | \$470,000**  
Fully Expanded 2 Bed/ 2 Full Baths. Completely Remodeled, Vinyl Flooring, Quartz Countertops, Stainless Steel Appliances, Full Size Oven, Central A/C and Heat, Washer/Dryer, Dual Pane Windows, Plantation Shutters. LIGHT & BRIGHT!



**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.



**13481 Fairfield Lane, #59H | M6 | \$255,000**  
2 Bd/1 Bth, New Appliances, Luxury Vinyl Flooring, LED Lighting Throughout, Quartz Countertops in Kitchen and Bath, Tiled Backsplash, New Sinks, Faucets and Fixtures. PARADISE AWAITS YOU!



**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.



**1382 El Dorado, #10B | M3 | \$210,000**  
CLEAN 2 Bdrm, 1 Bth Quaint Greenbelt Location. Freshly Painted Throughout, Oversized Skylights in Living Room and Bathroom, New Light Laminate Flooring Throughout, Close to Laundry and Parking.



**1351 Oakmont Rd #148H | M7 | \$449,000**  
MAGNIFICENT VIEWS from every room of this 2 Bedroom, 2 Bath completely remodeled unit. Central A/C Heat, Stainless Steel Appliances, Washer/Dryer, Island Kitchen, Dual Pane Windows, Luxury Vinyl Flooring, 3 Large Skylights, Custom Tile and so much more!

On June 2nd, 2020 a total of 105 units show as active listings on the CRMLS (this is where Realtors list property for sale).

14 - 1 bedroom/1 bath  
from \$155,000 to \$185,000

56 - 2 bedrooms/1 bath  
from \$169,000 to \$389,000

35- 2 bedrooms/2 baths  
from \$219,000 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!

