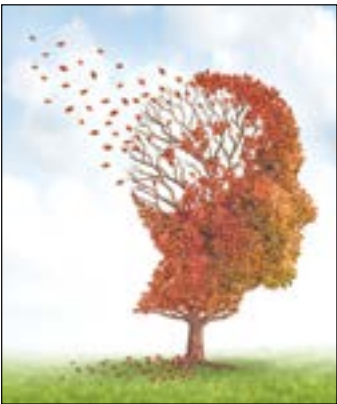




# We're Here to Help

## ALZHEIMER'S FAMILY CENTER



**Healthy Brain Expo**  
**THURSDAY, SEPT. 24**  
**9:30 a.m.-12:30 p.m.**

The Alzheimer's Family Center of Huntington Beach will present the Healthy Brain Expo on SBTV-Channel 3 on Sept. 24. SBTV-3 airs 24/7 on TWC Spectrum CH3, Frontier Fios CH37 & online streaming at [sbtv3.org/schedule](http://sbtv3.org/schedule).

### JOIN IT FOR:

- Free memory screenings
- Presentations on brain health and memory loss
- Caregiver resources

The Healthy Brain Expo was originally created to raise awareness about memory loss and the importance of getting screened for it often.

The first two in-person Healthy Brain Expos attracted over 500 attendees, with nearly one third of attendees participating in free memory checkups. This will be the group's first virtual expo.

More information to come next week.

For more information now, visit [www.AFSCenter.org](http://www.AFSCenter.org) or call (714) 593-9630.

## Golf Cart Maintenance Air & Water Day

**by Mike Levitt**  
*LW contributor*

Our lives may be different right now, but many of our routine, important activities remain unchanged. This certainly includes regular maintenance of our golf carts. Failure to add water to your batteries or air to cart tires could lead to a lot of extra and unplanned walking.

The Rollin' Thunder Golf Cart Club is ready to help.

The club's quarterly Air&Water Day will be held Saturday, Sept. 12, in the Clubhouse 4 parking lot.

To maintain social distancing and follow other safety guidelines, the popular maintenance event was moved to Clubhouse 4 with the entrance to the cart line-up on the exit/alley roadway that connects Northwood Road and North Gate Road on the east side of Clubhouse 3. Just look for the signs and follow the traffic cones. Club volunteers and Security staff will be on hand to assist. Free cart inspections will begin at 9 a.m., and conclude at 10:30 a.m. sharp.

**CARTS, page 5**



# LIFE IS A JOURNEY

## 2020 Life Options—Choosing the Right Road Forward

**by Cindy Tostado**  
*GRF member resource/assistance liaison*

This year would have been the fifth Life Options Expo held in Leisure World to provide a platform to showcase a variety of resources and services to help residents live their best lives now and as changes come in the future.

With the repercussions of the novel coronavirus, we will use the LW Weekly as our vehicle this year. In this issue, you will find a wealth of information on how to tap into services and sources to help you stay connected and protected.

Planning for your life does not end when you turn 65. Many people find that they have to adjust as they age—to changes in physical or medical conditions, death of loved ones, financial, and social/emotional changes.

Life has a way of throwing us curve balls and forcing us to make tough and quick decisions. You could have a medical emergency that could alter your independence either temporarily or permanently. You could experience a slow steady decline that makes performing simple tasks much more difficult or dangerous. These changes can be frightening "What are my options?"

The more options you have for aging well, the better the balance of independence and safety. When independence is threatened, my advice is simple: plan for these events before they happen. We cannot plan for every single situation that may arise, but you can have a *plan* in place that will be your guide. Share that plan with family or decision-makers, make your *wishes* known.

As the GRF Member Resource Liaison, it has been my position to bring awareness in a non-threatening manner to the many options that are available to community members. Residents often find themselves in situations where they need care, support and/or other services to remain independent and safe at home.

Our goal is to maintain a great quality of life and to provide links to resources to foster that:

### • Home Care Companies:

They provide non-medical services to clients who need assistance with activities of daily living in their own home. These services may be provided to a client due to advanced age, physical or mental disability and who cannot perform the activities of



Cindy Tostado, LCSW  
*member resource and assistance liaison*

**OPTIONS, page 2**

## WHAT'S INSIDE

**Council on Aging**  
**Page 12**

A host of helpful programs are sponsored by the Southern California Council on Aging, a trusted nonprofit organization since 1973. It provides unbiased information, programs and services to more than 290,000 seniors and disabled adults annually in Orange County and beyond. Learn more about HICAP Medicare counseling, the Friendly Visitor Program, fraud prevention help and much more.

**Memory and Thinking—**  
**What's Normal and What's Not**  
**Page 12**

What's the difference between normal, age-related forgetfulness and a serious memory problem?

**How to Avoid Probate**  
**Page 13**

Seeking out an Elder Law Attorney's (ELA) advice and direction will help you and your loved ones protect yourself and your assets.

**Healthy at Home-Prevent Falls**  
**Page 13**

Falls also are the No. 1 cause of fatal and nonfatal injuries among older adults. Steps can be taken to prevent them.



## LW Calendar entries due Sept. 30

The LW Weekly will produce a 2021 wall calendar featuring the work of Leisure World photographers in time for the holidays. The deadline is Sept. 30.

Potential contributors should submit large, high-resolution, 300 dpi images in landscape format of places and spaces in and around Leisure World and Seal Beach.

Photos of people are not eligible.

Cell phone photos should be emailed in the "actual size" format. Email entries to [stephenb\\_news@lwsb.com](mailto:stephenb_news@lwsb.com) with name, address, phone number and a brief description of the photo.

For information on technical requirements, call 431-6586, ext. 392.

The calendar will be delivered to every unit for free. Additional copies may be purchased for \$1.50.





Espie Martinez, the vote center support lead for the Registrar of Voters, Orange County, was on hand Sept. 3 to oversee the installation of the permanent ballot drop box. LW residents now have a secure place to deposit their ballots, which will be mailed starting Oct. 5.

### New Ballot Drop Box is here

The Orange County Registrar of Voters installed a permanent ballot drop box Sept. 3 for the convenience of Leisure World voters. The drop box is located near the bus stop at the Amphitheater, next to the U.S. Mailbox. It is accessible to drivers, pedestrians and those in mobility vehicles.

Ballots will be mailed starting Oct. 5, the same day that the ballot box will be unlocked to receive votes, according to Espie Martinez, the vote center support lead for the Registrar's Office. The Ballot Drop Box is a secure and locked receptacle where voters can drop off their vote-by-mail ballots in the same manner they would at a U.S. mailbox. Ballots will only be picked up by election officials from the Registrar of Voters.

Ballot drop boxes are one of many newer ways voters will be able to cast their ballots since the Orange County Registrar of Voters, the agency that oversees elections, has shifted to Vote Center elections.

Starting this year, LW voters will no longer report to clubhouse polling stations to cast ballots on Election Day. Instead, every one of the county's roughly 1.6 million registered voters will receive a vote-by-mail ballot.

Voters will be able to mail in their ballots (no postage necessary), drop them off at any Vote Center located within the County, or place them inside a secure ballot drop box. These options offer more flexibility, access and convenience when casting votes.

The GRF approved placement of the ballot drop box to enhance voting choices, since voting in clubhouses is no longer an option.

Representative from the Registrar's Office will pick up ballots as needed, sometimes daily as Election Day draws near. Ballots will be delivered directly to their facility, an expedited process that uses no outside entities that might delay or otherwise compromise receipt of ballots.

As an additional voting choice for those who prefer to vote in person, GRF will be hosting a one-day Voting Popup Center on Oct. 30 at the circle between Clubhouses 3 and 4. Ballots are scheduled to be mailed on Oct. 5. People can also vote in person at Orange County Fire Station No. 48 on Northgate Road, and there is another permanent ballot drop box located at Mary Wilson Library, 707 Electric Ave, Seal Beach. For additional information, contact the Recreation Department at [kathyt@lwsb.com](mailto:kathyt@lwsb.com).



GRF projects are underway around the community despite slowdowns attributed to the COVID-19 repercussions. This column will update residents on the progress of various construction projects. The information is provided by GRF Facilities Director Mark Weaver and Physical Property Manager David Rudge.

### LW POOL

Progress on the pool project continues despite challenges posed by COVID-19 continue, which are hampering the coordination of plans from the architect and pool engineer.

Among the construction update highlights:

- The pool depth has been adjusted from five feet deep to four feet deep, an NCAA Rule 1 Short-Course Swimming race course standard, which reduces the volume of the pool by 16,832 gallons, water that will not that need to be heated, treated and circulated.

- The pool depth adjustment carries into the volleyball area that will be four feet at the west end to 3.5 feet at the east entry area.

- The architectural plans have been adjusted to open up the corner of the Pool Attendant space for a better view of the pool area.

- Door handing has been adjusted to open for easier access.

According to the pool engineer:

- The spa depth will change from three feet, six inches, to three feet, three inches, to reduce volume and the filtration system, saving space in the equipment room.

- The bleach and acid rooms will be moved to avoid conflict with the existing electrical panel.

The finished facility will include a five-lane pool, a 30-by-30-foot activity area with a volleyball net, a 9-by-25-foot spa, new locker rooms and a lounge area in a reconfigured space to maximize its potential.

### PAVING PROJECT

The 2020 Trust Street Paving project will run through September. The schedule began Aug. 18. Grind and overlay projects on Oakmont Road will start after Labor Day; Northwood Road from Del Monte to St. Andrews is underway.

### SECURITY NEWS

## SBPD supports LW with enhanced traffic support and enforcement

by Victor Rocha  
Security Services director



Victor Rocha

Last year, I was very encouraged about minimizing traffic violations inside the Leisure World community when the Seal Beach Police Department took over traffic enforcement.

However, over the last few months, the Security Department has received calls from residents stating that there continues to be vehicles and pedestrians that are committing traffic violations on a consistent basis.

Security reached out to the Seal Beach Police Department and asked for additional assistance to issue citations to drivers.

Seal Beach Police Department was very helpful, and there have been additional enforcement actions taken inside LWSB, such as citing stop sign violators at St. Andrews and Tam O'Shanter roads.

Even though we know the police citations will not lead to full compliance, we hope these additional actions will assist us in keeping the community safe.

If you have any questions or concerns, contact me at 431-6586, ext. 371.

### Ask City Hall

During these challenging times, City of Seal Beach staff is hard at work ensuring the essential services of the community continue to fully operate. And the city is committed to keeping in touch with its residents, albeit virtually at this time, to answer questions. They can be related to COVID-19 or any thing else related to its services and resources.

The goal is to provide you a response within 72 hours or sooner depending on the volume of inquiries and/or other emerging issues that might require us to direct resources to maintain an essential service. Email [AskCityHall@sealbeachca.gov](mailto:AskCityHall@sealbeachca.gov) to ask your question.

### OPTIONS

from page 1

daily living. These activities include, but are not limited to: bathing, dressing, feeding, transportation, exercising, positioning, companionship, shopping, making telephone calls, transferring/ambulating, housekeeping/laundry, toileting and incontinence care, meal planning and preparation and personal hygiene and grooming. These services are not covered under Medicare.

#### • Assisted Living Facilities

They provide services under one roof in either private or shared rooms. Services include dining, housekeeping and laundry, chauffeured transportation, emergency response system, utilities and wellness and care services. A variety of activities designed to engage seniors physically, intellectually, and socially are provided. Additional services are available for a fee.

#### • Placement Specialists/Family Advocates

They are available to assist seniors and/or their families in locating appropriate housing in assisted living facilities should living at home no longer be an option.

#### • County and Community-Based Programs

These programs address and provide access to socialization, transportation, including physical, medical, and mental health concerns.

#### • Personal Alert Systems:

The 24-hour monitoring devices support individuals in maintaining an independent, healthy and active lifestyles. These devices provide security and peace of mind that comes with knowing reliable help is always there without the cost of full-time care.

#### • Meals on Wheels Programs

These programs provide home delivered meals to residents who may be unable to cook their own meals any longer. These are donation-based and private pay programs available depending on eligibility.

## Alpine

### Heating & Air Conditioning

Specializing in Serving Leisure World Residents

Free Installation Estimates  
Sales • Repair • Installation  
Lowest Prices In Town • All Work Guaranteed

#1 in Customer Service

714-901-0552

Cal. St. Lic. # 719734



20% off first bill up to \$100  
for Leisure World residents when  
you mention this ad!

Home  
Instead  
SENIOR CARE®  
To us, it's personal.

PERSONAL CARE | MEMORY CARE  
HOSPICE SUPPORT | MEALS & NUTRITION

562.448.5200

[HomeInstead.com/275](http://HomeInstead.com/275)

Each Home Instead Senior Care Franchise is independently  
owned and operated. © 2020 Home Instead, Inc.  
HCO#194700062



MISSION PARK/VETERANS PLAZA

Both facilities are now open—with some restrictions—for reservations

Veterans Plaza and Mission park are now open for reservations.

While Veterans Plaza is booked through the Recreation Reservations office, Monday-Friday, Mission Park can be reserved seven days a week on the day prior to which Members would like to play.

Residents are asked to familiarize themselves with the rules approved by the GRF Board of Directors as follows.

**Veterans Plaza-Phase One-Emergency Operational Procedures**

Due to government restrictions and recommendations brought about by the pandemic, this policy is enacted to allow for reopening the Veterans Plaza under emergency operational procedures.

- The Recreation Department will make Veterans Plaza available for exercise and dance clubs, in good standing.
- All reservations must be made through the Recreation Department by email or telephone. Contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com) for eligibility and availability.
- Reservations are limited to 90 minutes, no more than once a week, from 7 a.m.-7 p.m.
- Reservations may be pre-empted by GRF for special events.
- In case of multiple similar clubs requesting a reservation, remaining time slots will be awarded by lottery.
- The Recreation Department determines by its discretion if a



Mission Park behind Clubhouse 2 has basketball, bocce ball and pickleball courts.

particular activity is appropriate for this venue.

- No unscheduled event will be allowed at any time. Participation is solely at participants own risk.
- Masks and six-foot distancing are required at all times. No physical contact between participants is allowed.
- Group sizes may be required to be reduced to meet social distancing guidelines. Only GRF members may participate; no guests are permitted.
- No sign in sheets are required, but GRF reserves the right to reinstitute them at any time.
- Staff may request to see participant's GRF ID at any time.
- All classes are self-managed and equipment must be provide.

• No tables, chairs, or equipment are provided by GRF.

• Clubhouse 3 restrooms will be available through the lobby and no more than two people are permitted in either restroom at a time.

**Mission Park, Phase One – Emergency Operational Procedures**

*Multipurpose Court*

The following procedure has been expanded pursuant to regulations recommended by the USA Pickleball Association and incorporates guidelines for at risk senior communities in particular.

• Play at the Multipurpose Court must be booked through the Recreation Department by email only. No unscheduled

games will be allowed.

- Requests are accepted at <http://www.lwsb.com/reserve/> Monday-Sunday before 4 p.m. for play the following day.
- Staff may request a player's GRF ID at any time.
- Hours of operation are 8:30 a.m.-7 p.m. daily. They are posted on the court and the website.
- Scheduling will be adjusted by management as needed to satisfy safety requirements and conform to Staff hours.
- GRF may close the facility completely without notice.
- No after-game congregation/socializing is permitted at Mission Park, the parking lot or the immediate surrounding area. After their matches, players must

promptly leave the Mission Park/Clubhouse 2 area.

- To eliminate touch points, benches, score tenders and all tables and chairs will be removed.
- Face coverings must be worn in all areas until playing begins on the court. Face coverings also must be worn after play is completed.
- Social distancing as defined by the CDC (maintaining six feet of distance) must be observed at all times.
- Participants should wash their hands with soap and water (for 20 seconds or longer) or use a hand sanitizer before and after each match.
- A disinfecting/sanitizing bucket will be on site, between the Bocce and Multipurpose courts for players to use to clean balls and paddles.
- The Clubhouse 2 restrooms will be made available; however, no more than two players per restroom will be permitted at a time.
- Pickleball games (or other Multipurpose Court games) are limited to one hour of play.
- Playing doubles, which could lead to incidental contact and unwanted proximity, is prohibited.
- Players must provide their own paddles, balls and gloves.
- Players must wear gloves when handling the ball and not touch other players' equipment.
- Should a ball identified with another player wind up on your side of the court, do not touch the ball with your hands. Use your

**RESERVATIONS, page 5**



# Carole Damoci

## City Council District 2

Mutuals 10, 11, 13, 14, 15, 16 , 17, Mutual 1 east of St Andrews, College Park West and Rossmoor Center

A Leisure World resident with a proven history of service to the community:

- Library volunteer and home bound delivery volunteer, 2010 - 2013
- Mutual Twelve Board Member, 2011 - 2012
- President of the Leisure World Historical Society, 2013 - 2015
- Golden Age Foundation (a 501c3 assisting LW Residents) Board Member, 2013 - 2015
- Golden Rain Board member representing Mutual Twelve, June 2012 - June 2018
- Golden Rain Board President, June 2016 - May 2017
- Golden Age Foundation (a 501c3 assisting LW Residents) President, June 2019 – August 2020

Visit <https://www.CaroleDamoci.org/> or email me at [Carole@CaroleDamoci.org](mailto:Carole@CaroleDamoci.org).







# Government

## GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule (*meetings are dependent on orders related to COVID-19; check schedules for latest information*). *Public health and safety measures will be in place to protect membership and staff with limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask will be required:*

Thurs., Sept. 10	<b>Communications/IT Committee</b> Clubhouse 4..... 1 p.m.
Friday, Sept. 11	<b>GRF Executive Committee</b> Clubhouse 4..... 1 p.m.
Mon., Sept. 14	<b>Mutual Administration Committee</b> Clubhouse 4..... 1 p.m.
Tues., Sept. 15	<b>Website Ad Hoc Committee</b> virtual ..... 1 p.m.
Mon., Sept. 21	<b>Finance Committee</b> Clubhouse 4..... 10 a.m.
Thurs., Sept. 24	<b>Architectural/Design Review Committee</b> Clubhouse 4..... 1 p.m.
Tues., Sept. 29	<b>GRF Board Meeting</b> Clubhouse 4..... 10 a.m.

## Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards (*schedule subject to change*).

Thurs., Sept. 10	<b>Mutual 12</b> virtual.....9 a.m.
Fri., Sept. 11	<b>Mutual 3</b> virtual.....9 a.m.
Mon., Sept. 14	<b>Mutual 9</b> virtual .....9 a.m.
Tues., Sept. 15	<b>Mutual 14</b> virtual..... 1 p.m.
Wed., Sept. 16	<b>Mutual 5</b> virtual .....9 a.m.
Wed., Sept. 16	<b>Mutual 7</b> virtual..... 1 p.m.
Thurs., Sept. 17	<b>Mutual 2</b> virtual.....9 a.m.
Thurs., Sept. 17	<b>Mutual 11</b> virtual..... 1:30 p.m.
Mon., Sept. 21	<b>Mutual 15</b> virtual..... 1 p.m.
Wed., Sept. 23	<b>Mutual 10</b> virtual.....9 a.m.
Thurs., Sept. 24	<b>Mutual 1</b> virtual.....9 a.m.
Fri., Sept. 25	<b>Mutual 6</b> virtual..... 9:30 a.m.
Mon., Sept. 28	<b>Mutual 8</b> virtual..... 9:30 p.m.

## RESERVATIONS from page 3

paddle or feet to advance the ball to the other side of the court.  
**Mission Park, Phase Two—Emergency Operational Procedures**

**Bocce Ball**

- Bocce Ball must be reserved through the Recreation Department. Requests are accepted at <http://www.lwsb.com/reserve/> daily before 4 p.m. for play the following day.

- The reservation schedule will be provided to the Clubhouse 2 custodian. Players must check in with staff to verify their reservation.

- Staff may request GRF ID at any time.

- Hours of play will be between 8:30 a.m.-5 p.m. daily. Hours may be changed at the discretion of GRF.

- No unscheduled games will be allowed.

- Only two players per one-hour session.

- No spectators are permitted.

- Bocce Ball players must provide gloves and they must always be worn when handling the balls.

- Face coverings must be worn in all areas. Social distancing, as defined by the CDC of maintaining six feet of distance, must be observed at all times.

- A sanitizing bucket will be provided between bocce and pickleball courts for cleaning equipment.

- Players should wash their hands with soap and water (for 20 seconds or longer) or use a hand sanitizer before and after play.

- To eliminate touch points, benches, score tenders, and all tables and chairs will be removed.

- No gathering will be permitted before or after games.

- The Clubhouse 2 restrooms will be made available. No more than two players will be permitted at any time.

**Dr. Anberry Basketball Hoop**

- The clubhouse custodian will provide a basketball for play.

- Only one player at a time.

- Face coverings must be worn in all areas at all times.

- Use of the hoop will be first come, first served.

- Play will be restricted to one hour unless no one is waiting.

- No loitering is permitted.

- Hours of play will be between 8:30 a.m.-7 p.m. daily.

**Outdoor Barbecue Area**

This area is closed.

## Meeting Recap

THE PRESIDENTS' COUNCIL  
September 3, 2020  
Zoom Video – Telephone Conference

The regular monthly meeting of the Presidents' Council of Seal Beach Leisure World was convened at 9 a.m., by President Jackie Dunagan, on Thursday, Sept. 3, in a video-telephone conference.

The following is a recap the meeting:

- The regular monthly Council meeting minutes of Aug. 6, 2020 were approved by general consent of the Council, stand as read.
  - Mark Weaver, Physical Properties Facilities Director, provided an update on the failure of the sewage manhole in Mutual 9.
  - Jodi Hopkins, Mutual Administration Director, presented the Mutual Administration statistics for August 2020.
  - Ms. Hopkins gave clarification as to what a Portfolio Specialist is and the overall functions. Under the direction of the Mutual Administration Director, manage the workflow of the department, maintains department timeline; also performs secretarial function to support the sixteen Mutual Boards of Directors, the Mutual Administration Committee, and Mutual Administration Director and assists in the oversight of work department staff. Track and report on key action items and deliverable.
  - Ms. Hopkins mentioned Anna and Ripa will be sending out an email to each President letting them know who their Portfolio Specialist is, their Recording Secretary and who their contact person in the Stock Transfer Office and including the Office Secretary and the Building Inspector.
  - Ms. Hopkins mentioned after the set Agenda Preparation time with the Recording Secretary that you allow extra time to meet with your Portfolio Specialist to go over any matters that need to go to Executive Session.
  - Ms. Hopkins mentioned Stock Transfer Financials will be done by Anna. Ripa will be training as well on Financials, but for now Anna is lead on Financial and Kristal is lead on all Trusts Reviews
  - Ms. Hopkins mentioned the elections trophy will be given at the next Presidents' Council meeting.
  - Randy Ankeny, GRF Executive Director, will follow-up with the GRF attorney to redact the "bulk rate contract" and get with the GRF board with revision and then to the Presidents' Council within a week. Mr. Ankeny also gave an update on the pool, gym, and staffing.
  - President Dunagan appointed the following to the Nominating Committee for the 2020-2021 election of officer per Policy 7811 Presidents' Council Bylaws, Linda DeRungs, Mutual Five, Richard Carson Mutual, Twelve and Cathy Gassman, Mutual Seventeen.
- Next Council meeting: Thursday, Oct. 1, at 9 a.m., via Zoom*

## LW Live Sign-Ups

Sign up now for the GRF's one-way, real time community notification system. LW Live is designed to keep people informed during emergencies and get the word out about on-site restaurant services, and other useful information. Don't be left in the dark; visit the LW website at [lwsb.com](http://lwsb.com) and click the LW Live icon to register

## Street Sweeping Reminder

GRF Trust streets are swept on the fourth Thursday of the month. Parked vehicles must be removed from trust streets before midnight the night before. Contact Mutual directors to find out when your mutual carports are scheduled for sweeping

## CARTS

from page 1

There is never a charge for this valuable service, and all LW cart and scooter owners are urged to participate, club members or not.

These safety rules **MUST** be followed: masks must be worn at all times; only one person per cart; drivers must remain in their carts until batteries are being checked. This is not the usual procedure, to be sure, but then these are not the usual conditions.

All are welcome to take this opportunity to get of the house safely, compliments of the Rollin' Thunder Club.

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



# MJF FINANCIAL

"Your local financial partners in wealth management, estate planning and asset preservation."

**Call us today for a Complimentary Consultation!**

**(562) 594-4290 • [www.MJFFG.com](http://www.MJFFG.com)**

Martin James Flores, LPL Financial Planner  
13001 SB Blvd. Suite 240 SB, CA 90740

Martin James Flores is a Registered Representative with securities and advisory services offered through LPL Financial, a Registered Investment Advisor, member FINRA/SIPC. CA Insurance Lic. #0C87640



## Medicare Questions?

### "I Have Answers About How to Change Plans or Enroll Now!"

**Call for an Appointment or I Can Assist Remotely "I Make House Calls"**

## I Speak Fluent Medicare



### Joe Koterak

**(562) 547-2913**

Email: [jkoterak55@yahoo.com](mailto:jkoterak55@yahoo.com)



## Koterak

Health Insurance Solutions

Lic. #0H53209



# Religion

## Redeemer Lutheran

By Lisa Rotchford  
LW contributor

Redeemer’s “Pick up Your Spirits, with Prayer and Communion” continues every Sunday in September in the front and northeast side of the church (13564 Saint Andrew’s Drive) from 9:30–11 a.m. The musicians will play the organ with the church windows open so everyone outside the sanctuary can hear some favorite hymns. Check the outside message board for updated details.

Also, September is our annual outreach effort called “God’s Work, Our Hands.” If you have non-perishable food items on your shelf that you would like to share with a hungry neighbor in need, we are collecting food for the neediest in Orange County. The barrels out front of the church on Sunday mornings will collect your food (or cash) donations, and will immediately be taken to Lutheran Social Services’ shelves that feed the increasing number of hungry people as this pandemic continues. If you have a pastoral care or questions, call the church at (562) 598-8697.

On the eve of Sept. 11, let us remember that through terrorist attacks, wars and now pandemics, we are never alone and we call upon God for those that seek peace, healing and comfort.

“Loving God of Peace: On this anniversary of unbelievable sorrow, comfort those who mourn, and guide our hearts toward healing and hope. Remind us of the love of Christ, love which leapt over cultural and ethnic boundaries to feed the hungry, seek the lost and care for the least. Make your children one human family, bound together in the work of justice and peacemaking. Make us one with the light that shines in the darkness and illumines a path toward understanding and reconciliation. Let love be our genuine call. Amen” (by Rev. Dr. Jacqueline Lewis, 9/11 Remembrance, NYC).

## First Christian Church

By Bruce Humes  
Pastor

“Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ”(1 Peter 1:13).

The apostle Peter is writing to those early church Christians of the dispersion. In verse 1 he calls them the pilgrims of the dispersion, meaning sojourner. They were temporary residents in a foreign country, forced out of their homeland because of the persecution they were experiencing for their faith in Jesus Christ. We see this in verse 6 where it says, “In this you greatly rejoice, though now for a little while, if need be, grieved by various trials.”

We must look back to verses 3-5 to understand the “In this we greatly rejoice” part, which refers to the living hope that we have in Christ Jesus. God the Father, in a show of overwhelming mercy and love, sent his son to suffer death on the cross. But on the third day, God raised him from the dead.

In 1 John 4:10, the apostle John writes, “In this is love, not that we loved God, but that he loved us and sent his son to be the propitiation for our sins.” The word “propitiation” means atonement, or paying the price, redeeming us from the curse of

sin, and justified us by the act of raising him from the dead. This verified that Jesus is the “Lamb of God who takes away the sins of the world.” (John 1:29b) Through his resurrection from the dead, we gain an inheritance that is incorruptible, undefiled, won’t fade away and reserved for us in heaven. Peter goes on to tell us that by the power of God we are kept, meaning watched over, or guarded, which is something to greatly rejoice about.

When Peter writes, “Therefore gird up the loins of your mind,” in verse 13 he is referring to when people in ancient times wanted to move quickly and without restraint they would gather up their robes to run. Peter uses it metaphorically for our thoughts. Our minds should be composed, strong, void of panic and not easily rattled or distracted from the various trials and persecution that will last only for a short while.

Next, Peter urges them to focus their heart and minds on Christ, resting their hope fully upon the grace, the unmerited favor of God that is to be brought at the revelation of Jesus Christ. This speaks of nothing less than Christ’s second advent, his second coming to earth to glorify his church, bring judgement on the unsaved, and then reign for 1,000 years on earth into eternity. Paul

**FIRST CHRISTIAN, page 15**

## Holy Family

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The 24th Sunday in Ordinary Time on Sunday, Sept. 13.

The First Reading is Sirach 27:30-28:7 and the Second Reading is Romans 14:7-9. The Gospel reading will be from Matthew 18:21-35.

The Alleluia is “I give you a new commandment, says the Lord: love one another as I have loved you.”

**Masses**

The parish bulletin can be sent to your email inbox. If you would like to receive a copy of the weekly parish bulletin, you can sign up at <https://ebulletin.jspaluch.com> or <https://www.jspaluch.com/Subscribe>.

Saturday (Virgil Mass) is at 5 p.m. in the back of the church and Sunday Mass will be at 8 a.m. and 10 a.m. in the front of the church. There will be no noon Mass. Daily masses are at 8 a.m. in front of the church.

Those who attend must wear a mask or face shield and remain socially distanced. Holy Family asks attendees to bring their own seat if possible.

The LW Weekly  
430-0534



Support Our Advertisers...  
Tell Them You Saw Them In The

# LWWeekly

### Purchasing Department Price List

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

REVISED 09/03/2020

WHITE COOK TOP.....	\$348.90	KITCHEN SINK-WHITE .....	\$363.85
BLACK COOK TOP.....	\$348.90	KITCHEN SINK-ALMOND.....	\$459.13
WHITE OVEN.....	\$920.81		
BLACK OVEN.....	\$920.81	KITCHEN FAUCET- DELTA.....	\$96.22
STAINLESS OVEN.....	\$1004.73	KITCHEN FAUCET SPRAYER-DELTA	\$104.62
WHITE TOP FREEZER		BATHROOM FAUCET- DELTA	\$82.45
REFRIGERATOR.....	\$638.31	BATHROOM WIDESPREAD FAUCET-	
BLACK TOP FREEZER		DELTA .....	\$153.05
REFRIGERATOR .....	\$638.31		
STAINLESS STEEL TOP FREEZER		(TOILETS INCLUDE TANK, BOWL, & TOILET SEAT)	
REFRIGERATOR.....	\$729.66	TOILET- STANDARD-WHITE	\$174.32
28 GALLON WATER HEATER 10YR. \$548.10		TOILET-STANDARD-BONE	\$197.20
38 GALLON WATER HEATER 10YR. \$569.79		TOILET- HI BOY-WHITE.....	\$208.23
		TOILET-HI BOY-BONE.....	\$231.75
GARBAGE DISPOSAL.....	\$168.28	ROUND TOILET SEAT: WHITE	\$11.75
BATHROOM FAN/HEATER....	\$130.75	ROUND TOILET SEAT: BONE	\$11.75
BATHROOM FAN-NO HEAT	\$177.58	ELONGATED TOILET SEAT: WHITE	\$15.78
		ELONGATED TOILET SEAT: BONE	\$15.78
BATHROOM SINK WHITE-ROUND			
.....	\$46.42		
BATHROOM SINK- BONE- ROUND			
.....	\$63.12		
BATHROOM SINK-WHITE- OVAL			
MUT-15- GERBER.....	\$32.66		
BATHROOM SINK-ALMOND- OVAL			
MUT-15.....	\$51.04		
BATHROOM SINK -WHITE CHINA			

**PURCHASING DEPARTMENT**

PHONE NO. 562-431-6586

ROSENDO-STORE KEEPER-EXT. 306

PURCHASING COORDINATOR EXT. 309

RICKY-PURCHASING ASSIST-EXT 308

JULIE-PURCHASING MANAGER-EXT. 307

STORE HOURS MONDAY- FRIDAY

8:00 AM TO 4:30 PM

**The above pricing is subject to change without notice.**

**Please call Purchasing Department for current pricing.**

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

## Faith Christian Assembly

Faith Christian Assembly is excited to announce that its Grief Share will begin meeting again on Sept. 18 at 2 p.m.

Grief-Share is a friendly, caring group of people who will walk alongside you through one of life’s most difficult experiences and is designed to help you go from sadness to finding your joy. Rupert and Addie Penner host this ministry in FCA’s garden room on Sept. 18 at 2 p.m. Anyone who is grieving the loss of a loved one, or those who want to support someone who is going through the grieving process can attend the group. Rupert and Addie Penner have both been through the loss of a spouse and are eager to help anyone who has suffered a loss.

Out of an abundance of caution, all who attend services or events at Faith Christian Assembly will have their temperature taken at the door and must wear a mask before, during and after service while sitting socially distant from others. Faith Christian Assembly asks that you stay home if you are feeling ill.

Due to COVID-19, Faith Christian Assembly is not currently having all of its regular ministries at this time, but will resume as soon as possible. Grief Share begins Sept. 18 every Friday at 2 p.m.

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

## Congregation Sholom

Rabbi Eric Dangott will stream Friday night services at 6:30 on Sept. 11 on The Congregation Sholom of Leisure World Facebook page. To join, select the “Rooms” tab, then click on “Jewish Activities” and “Join to Restart.” On Sept 12, Selichot services will take place at 7 p.m. with Cantor Marla Barugel. Call Ruth Herman at 430-3107 for a tallit or Carol Levine at 505-3622 for a prayer book.

On Sunday Sept. 13, Congregation Sholom will host Bingo at 4 p.m. on Zoom.

Anyone who wants to participate in the games, book club or live stream services in a room on the Congregation Sholom of Leisure World Group Facebook page can call Susan Michlin at (805) 501-5268 to be added to the rooms.

Electric Shabbat Candles are available for \$8. This will help you to light a candle on Friday night and keep them burning until after Havdalah on Saturday night without a risk of fire. Contact Carol Levine if you want a set. They have graciously been obtained for us in Leisure World by Rachel Berkowitz of Chabad.

Below is the schedule for the upcoming High Holidays season:

**Friday, Sept. 18:** Erev Rosh Hashanah, Cantor Marla Barugel

**SHOLOM, page 7**







# Arts & Leisure



Jojo Weingart

Bernie Goosens (l), along with several LW neighbors, jumped in and started dancing when Hui O Hula musicians played “Elvira,” a popular song with fun and simple choreography. The LW hula group would like to thank Mutual 15 for the invitation to sing, hula and line dance. Anyone or LW Mutual is welcome to call event coordinator Kaye Huff at 431-2242 or email [Jojo@huiohula.com](mailto:Jojo@huiohula.com) to book a free evening show. It does not have to be a special occasion as long as it is outdoors with ample room to social distance; masks are also required.

## Men’s Golf League Scores

### MEN’S MONDAY GOLF LEAGUE RESULTS

The Men’s Monday Golf League played on Aug. 24 at Wil-lowick Golf Course in Santa Ana.

Seven men challenged the par 70, 5800-yard 18-hole course.

Located in central Santa Ana this course has no water hazards but does have long par 3’s and 5’s and so it challenges all.

A cool and humid start to the morning became a steamy, scorcher of a day. Although the greens were in good shape, many of the golfers were disappointed in the condition of the fairways and tees. This may have contributed to the fact that there was only one birdie and just a few rounds under par.

Masks are required at the Pro Shop, plus while waiting to tee off. The snack bar was closed. No masks are required on the putting greens or driving range nor on the course itself. The golfers are all respectful of each other’s personal space and social distancing is observed.

Golf carts are single person only unless you are from the same household.

All scores are net (actual score minus handicap)

A Flight handicaps range from 0-20; B flight, higher than 20.

#### A Flight Winners

First Place: Dave LaCascia, 2 under 68 plus fewest putts; second: Sam Choi plus the lone birdie and closest to the pin on the 140-yard par 3 twelfth hole; third: Bill McKusky.

#### B Flight Winners

First Place: Bob Munn with a nice 6 under 64; second: John Meyer, par 70; third: Tom Ross; fourth: Boll Zurn. Bob, John, and Tom tied for fewest putts,

### MEN’S FRIDAY GOLF LEAGUE RESULTS

The Men’s Friday Golf played at Meadowlark Golf Course in Huntington Beach on Aug. 28. Five men contested the scenic

par 70, 5800-yard course.

The weather was initially cool but sunny. Once the sun came out it became a lovely day to play golf. The course has several water hazards and tree lined fairways. Several of the scores were quite low due to the grounds being in particularly good condition with accessible greens.

Masks are required at the Pro and Coffee Shop, plus while waiting to tee off. No masks are required on the putting greens or driving range nor on the course itself. The golfers are all respectful of each other’s personal space and social distancing is observed. There are no shoe or golf ball cleaners and the flags cannot be moved. Golf carts are single person only unless you are from the same household.

All scores are net (actual score minus handicap).

#### Winners

First Place: Bob Munn, 5 under 70; second: John Meyer, 2 under 68; third: Sam Choi, 1 over 71 plus fewest putts and a birdie; fourth: John Peterson; fifth: Gene Vesely plus closest to the pin on the treacherous, over a gully, 150-yard par 3 fifteenth hole.

Friends, ladies, spouses and family are all welcome to play and/or join.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays.

The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove.

LW Men’s Club membership is not required. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded for low gross in each flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. Holes-in-One, al-

though infrequent, are generously rewarded. If interested, contact, Bill McKusky, (562) 430-8618, or Dave LaCascia, (801) 674-5975.

The Men’s Monday/Friday League is looking for golfers (men and women) to join the league. Handicaps can be determined using the local course handicap numbers and adjusted for the longer and more difficult courses outside Leisure World. Contact Dave for more information.

## LW Weekly Contacts

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19. Staff is working on-site and remotely to produce the LW Weekly. Editors can be reached by phone and email. See page 4 of any edition for editors’ addresses or send emails to [rutho\\_news@lwsb.com](mailto:rutho_news@lwsb.com). People may drop hard copy into the letter slot at the front of the News Building. The deadline is Thursday for the following Thursday’s edition. For more information, call (562) 472-1277.

All classified and display advertising will be accepted by telephone at (562) 430-0534. The Weekly can accept credit or debit payments over the phone or people can put checks through the mail slot in the door of the News Office near the Amphitheater.

## Technical Class

Miryam Fernandez’s technology classes usually taught on Tuesdays at 10 a.m. have moved to 2 p.m. The next class will be Tuesday, Sept. 15, at 2 p.m., iPhone Accessibilities

For an invitation, email Miryam at [mzzmimm@gmail.com](mailto:mzzmimm@gmail.com).

If you need help setting up your Zoom microphone and/or video or have other connectivity issues, call Bonnie Cooper at (562) 822-6358 before class begins.

## Balance & Stability Class

A Landmark Balance & Stability class is offered on Saturdays from 11 a.m.-1 p.m. on Zoom.

Instructor Adrienne Rosenfeld teaches the free 40-minute class that focuses on balance, shifting weight and cognizant activities.

The class broadcast from around 4:20-4:40 p.m. every day on the Spectrum Cable Channel 1390, right after the Queen Kong interview and is available on [youtube.com](https://www.youtube.com).

Rosenfeld is certified in Zumba, Zumba Gold, Silver Sneakers, and Balance & Stability.

She also has certification from the Fitness Aging Institute and a ACE Group exercise certificate.

To join email her at [arosenfeld1@verizon.net](mailto:arosenfeld1@verizon.net) and she will send you the link to join to group.

Or people can join the Zoom meeting by visiting <https://us02web.zoom.us/j/84982522530>; the Meeting ID is 849 8252 2530.

## Grab n Go Meals

Sept. 10-16  
Clubhouse 6 Parking Lot  
NO MASK, NO SERVICE



• **Thursday:** Domino’s Pizza – Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212; Mandi’s Candies Ice Cream Truck, 4-7 p.m.

• **Friday:** Katella Deli; extensive menu—deli favorites from appetizers, salads, hot entrees, 3:30-5:30 p.m. Call ahead at (562) 594-8611 or order online [www.katellabakery.com](http://www.katellabakery.com), specials of the day available onsite, cash/cards.

• **Saturday: THIS WEEK ONLY,** Berg Catering. Freshly prepared meals with a healthy gourmet touch. Preorder: (562) 663-2038 or online at [www.bergcatering.com](http://www.bergcatering.com) (LW Menu), 3:30-5:30 p.m. or buy onsite—PayPal, checks, cash, and cards.

• **Sunday: THIS WEEK ONLY,** Viking Dog Truck – Gourmet hot dogs, brats and loaded tots—preorders accepted at <https://squareup.com/store/thevikingtruck>.

• **Monday:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., [www.kabobaholicft.com](http://www.kabobaholicft.com) or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.

• **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders.

• **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., pre-order by calling (323) 833-1213; cash/cards.

...

All Grab ‘n’ Go events will take place, rain or shine. If it rains or is too hot, people line up inside Clubhouse 6. **People should keep a six-foot distance and masks are required.** 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/>. Vendors are subject to change.**

## Global Market Kitchen Delivers

Free Delivery of Groceries and Meal Kits

Global Market Kitchen now delivers groceries and prepared meals on Wednesdays at Clubhouse 4 between 2-4 p.m. Order by phone at (562) 661-9776 or online at <https://globalmarketkitchen.com>. The customer service email is [globalmk.usa@gmail.com](mailto:globalmk.usa@gmail.com).

## Tech Talk

Join Bob Cohen in a one-hour Zoom class on a technology topic every Friday at 10 a.m.

- Friday, Sept. 11—What are Keywords on Google?
- Friday, Sept. 18—Web Browser Basics, Safari, Chrome and Microsoft Edge
- Friday, Sept. 25—How To Organize Photos in the iPhone Photos App

Registration information is sent out every Wednesday morning for the following Friday Tech Talk by Bob Cohen. To be added to his email list contact [bob@bobology.com](mailto:bob@bobology.com).

—Bob Cohen

## Sewing Brigade

The Leisure World Sewing Brigade is ramping up to make more free cloth masks, which continue to be an important component in the fight against COVID-19. The brigade has an ample supply of elastic and a limited amount of recently donated fabric, and needs funding to continue its effort. If you are interested in helping by sewing, cutting fabric or elastic, being a runner or making a donation, call Yvette Louie at (562) 841-2166 email [Dean.Jacobus@gmail.com](mailto:Dean.Jacobus@gmail.com).



# Long Beach Medical Center Shuttle Coming to You



**MemorialCare Long Beach Medical Center is bringing a new complimentary shuttle service to Leisure World residents beginning Thursday, Sept. 17.**

## 4 Convenient Stops

- Leisure World Amphitheater Bus Corral
- Long Beach Medical Center and Surrounding Medical Offices
- MemorialCare Breast Center in Los Alamitos
- Douglas Park Medical Offices Near the Long Beach Airport

**Monday – Friday | 8 a.m. – 5 p.m.**



## Your Safety is Our Priority

- Shuttle cleaned throughout the day on all high touch surfaces.
- Riders and driver are required to wear a mask.
- Socially distanced seating enforced.
- If you are feeling sick, please stay home and reschedule your appointment.

**MemorialCare**<sup>TM</sup>  
Long Beach Medical Center

**(562) 933-1233**



# Community



Alba Powell from Mutual 11 sits outside her garden, which has become one of her favorite places to be in Leisure World to connect with nature.

## A love of nature has followed Alba throughout her life

By Alba Powell  
LW Contributor

I was born in Guatemala, Central America. My name is Alba, meaning dawn, and Letecia, meaning happiness. My father's last names were Rios, meaning rivers, and Monte Rosa, meaning rose hill. My mother's names are Rosa, or rose, Espina (thorn) and Palma, "palm." As you can see, I'm a "botanical baby."

I love flowers, plants, trees, rivers and the first light of day. I enjoy visiting gardens, painting flowers and have a curiosity about the relationship of plants with human physical and mental health.

Jeff Powell, my husband, is a Presbyterian minister. We were blessed to have served international, English-speaking, Christian congregations in Tokyo, London and Buenos Aires.

After retirement, we served as interim pastor and spouse of congregations in Paris, Zurich and Bonn.

After our short-term, international sojourn, we decided to return to Leisure World. I wanted to settle down and enjoy art, paint and make jewelry. Soon after we returned to Leisure World, I was diagnosed with Pulmonary Fibrosis, a serious auto-immune disease that requires me to have supplemental oxygen 24 hours a day.

When we moved to Mutual 11, I designed a 14 foot patio and a 60-foot flower bed outside our corner apartment. Gardening is very relaxing for me. I love being outdoors under blue skies and taking care of a variety of flowers, succulents and other plants. We live on a beautiful green belt with six large trees.

With my compromised medical condition in the COVID-19

pandemic, I sequester at home. To keep myself busy, I read, paint, watch virtual worship services and studies from abroad as well as our local congregation, Good Shepherd Presbyterian Church. My husband and I also enjoy getting exercise by walking around the community while wearing masks, keeping physically distant from others and wheeling my small, portable, oxygen concentrator.

I am a Christian who has a strong faith and experience of God's love and support. My husband Jeff, our Leisure World community and church members have been a great help and blessing during this time. My garden gives me a lot of pleasure and fun during the day as well.

Despite the challenges we all face, life can be wonderful, and we should count our blessings and every day is a gift from God.



Dr. Fong (l), the veterinarian at the low cost Vet Care Clinic, poses with Toni Klemm and her cat, Becky.

## Low Cost Vet Clinic is on Sept. 17

LW Community Church is hosting another low cost vet clinic on Sept. 17 from 9-11 a.m. at Community Church, 14000 Church Place. The low cost clinic wants to ensure the health and safety of all Leisure World residents' cats and dogs. People must wear masks and stay six feet apart. Contact Elaine Miller for more information at (925) 997-3412.

## Sunshine Club

The Sunshine Club will have Patrick Gallegos and Iris Lee from the City of Seal Beach as the main speakers for its Zoom meeting on Friday, Aug. 11 starting at 10 a.m.

Gallegos will talk about SeniorCityzen, COVID-19 and general updates about the City of Seal Beach. Lee will provide information about the Senior Mobility Program. Both Gallegos and Lee will each speak for around 20 minutes, leaving time for a question and answers period.

Gallegos is currently the assistant city manager and has been working for the City of Seal Beach since 2012. He oversees a variety of divisions including human resources and information technology. He also acts as the Seal Beach's public information officer, risk manager as well as the city's labor negotiator.

Gallegos previously held positions with the cities of Anaheim and Diamond Bar. In Anaheim, he was selected as a graduate fellow in Anaheim's Public Utility Department and shortly thereafter was selected for Anaheim's highly competitive management fellow program, which required fellows to oversee significant projects in the city manager's office, human resources, finance, and community development departments.

While in the City of Diamond Bar, Gallegos was the senior management analyst and worked in the city manager's office and public works department. His duties included managing the environmental services division, waste hauler franchise and the city's transportation program.

In addition to his work as a public servant, Mr. Gallegos worked in the private sector for Nike and ASICS and was also a labor organizer in the five boroughs of New York City for the AFL-CIO that included a memorable campaign organizing workers in the World Trade Center in 2001.

Iris Lee currently leads the Seal Beach Public Works Engineering Division. In her role as the deputy public works director/city engineer, Lee and her team are responsible for the city's capital improvement program, development services, interagency coordination, in addition to the Senior Transportation Program.

Prior to Seal Beach, Lee worked for other local agencies in Newport Beach, Laguna Beach and Buena Park, where the planning, design and construction of her projects were nationally recognized by professional organizations.

A California-registered professional engineer and traffic engineer, Lee earned her degree from University of California, Irvine.

To join the Zoom meeting, go to <https://us02web.zoom.us/j/88355201570>. The Meeting ID is 883 5520 1570.



Patrick Gallegos



Seena Friedland on her 98th birthday with immediate family.

### LW BIRTHDAY

## Seena Friedland celebrates 98 years

Seena Friedland of Mutual 4 turned "98 years young" on Aug. 25. She is still mentally strong and lives independently. "Aunt Seena," to the family, has lived in Leisure World for 18 years. Nine of her family members are currently living in Leisure World. She celebrated with cake with members of her family.

Celebrating a birthday, anniversary or your retirement?  
Let the rest of LW join the celebration by putting it in the LW Weekly!  
Email [laurieb@lwsb.com](mailto:laurieb@lwsb.com) with photos attached as jpg files.



Republican Club

By Brian Harmon  
LW contributor

The Republican Club will be raffling off a glass framed, collectible photo of a western style jail house in Bodie State Park in Bridgeport, California, a gold mining town founded in 1876. The picture is valued at approximately \$350.

The donor of the photo, Jim M. Yoshioka, said, “The photo represents ‘law and order,’ one of the themes of the 2020 Republican Party.”

Raffle tickets will be available for \$3 at the Republican Club booth in the parking lot by Clubhouse 6, where the food trucks are located later in the day. There is no limit to the number of tickets a person can buy.

The booth is open every Monday, Wednesday, and Friday from 11 a.m. – 2 p.m. until the November election. You may also call David Harlow, president of the GOP club at (562) 335-0779 to get the address to mail the money for the raffle, or for any other questions.

The raffle will be held on Monday, Nov. 2, at approximately 2 p.m. at the Republican booth outside Clubhouse 6. You do not have to be present at the drawing, since the winner will be contacted. Prizes will also be given to the second and third place winners.

....

Altogether this year the Republican club has registered 155 voters at the booth. Club President David Harlow said, “We hope to reach 200 by Election Day.”

A few free items have been added to the list of merchandise available at the GOP Club booth. Shoppers can now pick up Michelle Steel for Congress signs that say “Create Jobs” on one side and “Lower Taxes” on the other, as well as Michelle Steel campaign door hangers and flyers. Thomas Moore for City Council signs are now available in the 5 1/2” x 17” size as well as 2’ x 3’. Moore’s district includes most of LW east of St. Andrews Drive.

Face masks are still available free of charge courtesy of Michelle Steel, Chairwoman of the OC Board of Supervisors and candidate for Congress. USA flag lapel pins, flags, scarves, political campaign buttons and other merchandise are available for purchase at the booth.

....

Individuals of any party or no party are invited to join the Saturday rallies to support police officers at the base of the Seal Beach pier starting at noon.

HCC 24-Hour Nurse  
795-6216

Animal Control

Long Beach Animal Care Services provides animal control services to Seal Beach. To report coyote activities or other animal control services, call the 24-hour animal services line, (562) 570-7387 or online at [www.longbeach.gov/acs/wildlife/coyote-report](http://www.longbeach.gov/acs/wildlife/coyote-report).

Community Strong

Diana Harrison is still continuing to collect homemade fabric masks for the community. Those interested in donating or those who want to help make more masks can call Sharon Koln at (562) 596-1969.

For Your Information:

When there is doubt about LW policy or rules and regulations, residents should refer to their Occupancy Agreement, or direct questions to their mutual directors or GRF representatives.

The COMMUNITY  
deadline is 4 p.m.,  
Thursday, prior to the  
desired publication.  
Email any  
Community news to  
[laurieb@lwsb.com](mailto:laurieb@lwsb.com)  
with photos attached  
as jpg files.

Democratic Club

By Mary Larson  
LW contributor

The Democratic Club will hold its second Zoom meeting on Wednesday, Sept. 16. Participants will hear updates from Harley Rouda and Diedre Nguyen’s campaigns. The meeting will start at noon. Log in information will be sent to members by email before the meeting. Anyone needing help using Zoom can log on as early as 11:30.

Kris Beard, running for election to the Orange County Water District and Mike Filler, running for the Los Alamitos School District Board Area 5 position, will also introduce themselves to the members during the September meeting. Both the water and school board positions are non-partisan offices, as is the Seal Beach City Council race for which Leisure World resident Carole Damoci is a candidate.

The Orange County Water District (OCWD) is an internationally recognized leader in the water industry and its international reach is growing. Its leadership in water purification and potable reuse (turning recycled water into drinking water) has been recognized worldwide.

....

The Orange County Registrar of Voters is currently accepting applications for Customer Service Representatives to work in vote centers located throughout the county in support of the upcoming November General Election. Applications are available online at [ocvote.com/jobs](http://ocvote.com/jobs)

....

Window signs supporting the following candidates are available by calling (562) 596-0450 or (562) 296-8521:

- Joe Biden/Kamala Harris, candidates for president and vice-president
- 48th District Congressman Harley Rouda, candidate for reelection to the House of Representatives;
- Garden Grove Councilwoman Diedre Nguyen, candidate for CA Assembly District 72;
- Paurvi Trivedi, candidate for Los Alamitos Unified School District Board Area 2.

....

Readers are reminded that the Democratic Club will not staff a voter registration booth outside Clubhouse 6 for the foreseeable future due to the potential risk of spreading the COVID-19 virus. In its place, a team of volunteers stand ready to assist LW residents who wish to register for the first time, change address or re-register to a different party. Call (562) 596-0450, (562) 412-0898 or (562) 296-8521 or email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com). Since May 1, 164 Leisure

DEMOCRATIC, page 15

Obituaries

....

James E. Greenwood  
May 1937 – Aug. 2020

James E. Greenwood from Mutual 5 passed away after a short and courageous battle with cancer on Aug. 13. He was born to Edwin and Dorothy Greenwood on May 12, 1937 in Pontiac, Michigan. Right out of high school, he attend trade school and became a machine repair foreman in 1955 until he retired in 1991. He started the first Energy Conservation Program with his skilled trade employees at the CPC plant in Pontiac and saved General Motors over a million dollars in one year. He enjoyed hunting and fishing trips to Wyoming with his friends from work. They would rent an RC and come home with loads of venison and fish.



He married Erika in Aug. 1984. They lived in Clarkston, Michigan, where they loved and entertained family and friends adn their Lake Oakland home.

In 1996 they moved to Leisure World where Jim’s mother resided. After two months, they bought a boat, put an ad in the LW Weekly, and the Ancient Angler club was formed. He was president for some time.

—paid obituary

Club member Bernie Z. willingly gave all the opportunity to fish on his boat “the Record Breaker” in Cabo St. Lucas. Jim caught his 105 pound sailfish on a 25-pound test line there.

He also loved Lake Tahoe, where he and Erika spent three month a year in their motor home. Jim and his friend Rich Vaira hiked over four thousand miles there over a period of 18 years. Jim started hiking at the age of 62, when he became a great grandfather. They knew every trail and lake and took hundreds of beautiful pictures. When he returned home, he attend his AA meetings every Sunday in Bolsa Chica. He received his 18 year sobriety coin from two AA friends who came to his home the day he passed away.

Jim is survived by his wife, Erika and his sister Joyce Bachner, who are both Leisure World Residents. He is also survived by his children, Debi and Larry Wheatley in Columbia Tennessee; Julie and Craig Foote in Spring Hill Tennessee, Rick and Blue Greenwood; stepchildren Liet. Col. Dan Erwin at the US Airforce base in England, Richard Erwin in Flint, Michigan and Yvonne Bunton in Fenton Michigan.

Together Jim and Erica have 16 grandchildren and eight great grandchildren. Jim will be deeply missed, but his kindness and helpfulness will live on forever in the hearts of all who loved him.

....

Linda Jane Barisoff  
June 1943 – Aug. 2020

Linda Jane Barisoff of Mutual 14 died at the age of 77 on Aug. 16. She was born on June 1, 1943 to Harold and Ann Riches in Millen, Georgia. She went to Washington High School in Los Angeles, California. She married Robert Barisoff on Aug. 1 in 1981. She lived in Seal Beach, California, for 38 years before moving to Leisure World in 2005 and served on the Mutual 14 board from 2010-2011. She was also involved in the Bunko Cart Club and RV Club.



Being an only child, Linda always wanted a big family, so she surrounded herself with many children and people she loved. Linda was a devoted wife and home mother. Linda was a checker at a grocery store for eight years. She was a fighter and overcame many years of health issues, including surviving cancer three times.

Linda was a lifelong Christian and loved the Lord. Now is her time to be at peace and be in the company of Jesus and her heavenly family. Her wonderful stories will be missed, but her family takes comfort in knowing she is at peace now and is going to be full of new stories when we

see her again.

Linda is survived by her husband, Robert Barisoff, her children Terri, Gary, Dennis, Adam, Robert, Billy, Jessica, and Jennifer along with 17 grandchildren, six great grandchildren, and two lifelong friends, Judy O’Brien and Karen Welsh and many more friends she considered family.

A memorial service will be held on Sept. 24 at 11 a.m. at Cornerstone Church, 1000 N. Studebaker road, Long Beach, Ca, 90815. Pastor David Talley will officiate the service.

....

Epefania Ramos 70  
Violet Offenbergs 83  
Richard Bowers 73  
David Wettach 50  
Erika Senter 80  
John Ervin 64  
Samuel Kim 30

Roger Williamson 80  
Leoncito Cabrera 78  
Margare Aulbach 99  
Blas Campos 93  
John Ervin 64  
Families assisted by  
McKenzie Mortuary,  
961-9301

—paid obituary

....

Space is available for obituaries of residents and former residents.  
• An “In Memoriam” column is available free of charge. Limited to name, mutual number and date of death.

• An obituary with or without photo is available free of charge for

the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.

• Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.

• Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.

• Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.

Email  
Obituary  
Notices  
to  
[laurieb@lwsb.com](mailto:laurieb@lwsb.com)  
with photos  
attached as  
jpg files.

The LW Weekly  
430-0534



# LIFE OPTIONS

## Council on Aging Program

The following are programs sponsored by the Southern California Council on Aging, a trusted nonprofit organization since 1973. It provides unbiased information, programs and services to more than 290,000 seniors and disabled adults annually across Orange, Riverside, San Bernardino, Inyo and Mono counties. It promotes the independence, health and dignity of adults through compassion, education and advocacy. Due to COVID-19 restrictions, program operations may have changed. Make sure to call first; contact information is included for each resource.

### Concierge Care Navigators

Are you overwhelmed with the responsibilities of providing care for a loved one and unsure of how to navigate the health care system? Concierge Care Navigators is here to help. These geriatric care managers will help manage the complexities of your loved one's health care needs. Gerontologist and registered nurses are specially trained to evaluate, plan and coordinate care. They conduct on-site assessments and create an online care plan based on recommendations from physicians, family and health care providers. The plan focuses on wellness, prevention and keeping loved ones safely at home. Accessible online to all family members, the care plan facilitates well-being, independence and peace of mind.

Concierge Care Navigators offer care plans that address short and long-term goals. Services include:

- Consultation with client/family members at their home, hospital or skilled nursing facility to assess health and safety needs
- Online, comprehensive care plans, including medical and non-medical goals, based on recommendations from physicians, family and health care providers
- Care plan update notifications to care team via text and email
- Assistance in discharge planning from hospitals and skilled nursing facilities to home
- Medication management overseen by a licensed, registered nurse
- Help in scheduling and attending medical appointments with clients
- Referrals to trusted community resources and immediate access to Council on Aging programs
- Support with implementation of the care plans and fostering family engagement, providing confidence and peace of mind

Concierge Care Navigators is a fee-for-service program for Orange County residents. Call (714) 619-2129 for a free 30-minute consultation.



offers free, unbiased Medicare counseling. Medicare is often complex and confusing. HICAP offers one-on-one counseling to assist Medicare beneficiaries, their families, friends and caregivers understand their Medicare benefits and best healthcare options.

HICAP is part of the national network of State Health Insurance Assistance Programs (SHIP) and is the most dependable source of unbiased and accurate Medicare related information.

The Council on Aging's HICAP counselors are trained California state-registered staff and volunteers. It provides Medicare counseling, community education and outreach. HICAP does not sell, endorse, promote or recommend commercial insurance products or services.

Call HICAP when you need help; the hotline is (800) 434-0222 for HICAP or for general information, (714) 560-0424, for Orange County.

### Long-Term Care Ombudsman

Since 1976, long-term care Ombudsman advocacy has been one of the founding initiatives of the Council on Aging-Southern California. Long-term care Ombudsmen are advocates for residents of nursing homes, board and care homes and assisted living facilities.

Its mission is to empower residents through advocacy, mediation, complaint investigation and resolution. Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems and can assist you with complaints.

Ombudsman services are free and confidential. It can answer questions about abuse complaints, your rights as a resident, quality-of-care concerns, suspected financial abuse and more.

During the COVID-19 pandemic, the Long-Term Care Ombudsman is available to assist in resolving problems and advocating for the rights of long-term care residents. While they are unable to visit facilities, they can ensure that issues are addressed by telephone or other means of communication. If you have a complaint or concern, or need to reach a Long-Term Care Ombudsman, call (800) 300-6222 in Orange County or the 24-hour CRISIS line (800) 231-4024.

### ReConnect EISOA Program:

#### Early Intervention Services for Older Adults

Adults aged 60 or above make important contributions to society as family members, volunteers and as active participants in the workforce. While most have good mental health, many are at risk of developing mental disorders. Staying vital and connected can help you ward off the depression that often comes with aging, especially since the advent of COVID-19 and the isolation that comes with restrictions. The ReConnect EISOA Program offers short-term comprehensive services to Orange County residents who are experiencing emotional challenges and overall health barriers, particularly those appearing later in life.

As many as one in four older adults experience mental health concerns that are not a normal part of aging—the most common of which are anxiety or mood disorders, including depression. In most cases, these mental health issues respond well to treatment.

There is help for Orange County residents age 60 years of age or older with limited or inadequate social support who are experiencing loneliness and mental health challenges. As long as you are willing to participate in the program and can perform activities independently, your quality of life can be improved.

The ReConnect Program is offered in English, Spanish, Korean, Vietnamese and Chinese.

The ReConnect Program provides up to 12 months of early intervention services at no cost to participants. This includes:

**RESOURCES, page 13**

## MEMORY LOSS

### How serious is it?

Many older people worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they might sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness—often a normal part of aging—not serious memory problems.

#### What's Normal Forgetfulness and What's Not?

What's the difference between normal, age-related forgetfulness and a serious memory problem? Serious memory problems make it hard to do everyday things like driving and shopping. Signs may include:

- Asking the same questions over and over again
- Getting lost in familiar places
- Not being able to follow instructions
- Becoming confused about time, people, and places

#### Mild Cognitive Impairment

Some older adults have a condition called mild cognitive impairment, or MCI, in which they have more memory or other thinking problems than other people their age. People with MCI can take care of themselves and do their normal activities. MCI may be an early sign of Alzheimer's, but not everyone with MCI will develop Alzheimer's disease.

#### Signs of MCI include:

- Losing things often.
- Forgetting to go to important events or appointments
- Having more trouble coming up with desired words than other people of the same age

If you have MCI, visit your doctor every 6-12 months to see if you have any changes in memory and other thinking skills over time. There may be things you can do to maintain your memory and mental skills. No medications have been approved to treat MCI.

#### Dementia and Aging

Dementia is the loss of cognitive functioning—thinking, remembering, learning and reasoning—and behavioral abilities to such an extent that it interferes with daily life and activities. Memory loss, though common, is not the only sign. A person may also have problems with language skills, visual perception, or paying attention. Some people have personality changes. Dementia is not a normal part of aging.

There are different forms of dementia. Alzheimer's disease is the most common form in people over age 65.

#### When to Visit the Doctor for Memory Loss

If you, a family member or friend has problems remembering recent events or thinking clearly, talk with a doctor. He or she may suggest a thorough checkup to see what might be causing the symptoms.

The annual Medicare wellness visit includes an assessment for cognitive impairment. This visit

**MEMORY, page 13**



### Friendly Visitor Program

Isolation is rampant among older adults who lose mobility, lack transportation options, and live alone or away from family. The Friendly Visitor Program prevents and alleviates the physical and mental health risks linked to isolation. This program benefits isolated older and disabled adults by addressing their basic, social, emotional, and environmental needs.

The program offers a supportive social structure of trained volunteers who provide weekly positive interactions to frail and disabled adults. Through ongoing assessments, recurring home and telephone visitations, the program identifies clients' unmet needs and offers ongoing assistance in securing access to appropriate health and social resources.

Services are provided at no cost to participants and include:

- A screening evaluation conducted by an intake specialist
- Comprehensive in-home assessment administered by a Social Worker
- Individual care plan and coordination of care
- Weekly telephone checkups and home visitation
- Short-term in-home therapy as needed
- Ongoing case monitoring
- Referrals and linkages to needed healthcare and community resources
- Participant and family education

To find out more, call (714) 479-0107. The program is offered in English, Spanish and Vietnamese in Orange County.

### HICAP

The Health Insurance Counseling and Advocacy Program (HICAP)



## GETTING YOUR AFFAIRS IN ORDER

# Elder law attorneys can help protect assets

*"It's always too soon until it's too late"*

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

We are witnessing a rise in situations where a Leisure World unit becomes inaccessible following the death of a shareholder. These units are locked down until legal authority can be proved or obtained. Legal authority may need to be obtained through a court process of probate. Probate can take up to two years from start to finish and can have costly fees of 6-15 percent of the gross value of the estate. This can all be avoided by careful legal planning.



Seeking out an Elder Law Attorney's (ELA) advice and direction will help you and your loved ones protect

yourself and your assets.

Without proper legal documents your property can be held up in a court proceeding called "probate." A Living Trust is a legal document that owns your property and passes your property to your beneficiaries when you die without going through probate court. Other legal documents that are equally important are the Durable Power of Attorney for Medical and Financial. These documents give a designated person the legal authority to make medical and financial decisions for you if you cannot.

Depending on your family situation and applicable state laws, an elder law attorney may guide you in planning your future. An ELA helps older people and their families by:

- Interpreting state laws
- Planning how their wishes will be carried out
- Explaining their financial options
- Teaching how to preserve financial assets while caring for a loved one

Seek out the advice and guidance of an ELA to see what documents and planning are best for you. Here are basic steps to getting your affairs in order:

- Gather everything you can about your income, property, investments, insurance and savings.
- Put copies of legal documents and other important papers in one secure place. Review regularly to see if there is anything new to add.
- Tell a trusted family member or advisor where you put your important papers. If you do not have a relative or friend you trust, ask a lawyer to help.
- Give permission in advance for your doctor or lawyer to talk with your family member or advisor as needed. You can give your permission in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.
- Advance planning for funeral and burial can provide a sense of peace and reduce anxiety for you and your family.

What have you done to get your affairs in order? What will your legacy look like? Do not wait until it's too late.

For questions or resources contact, GRF Cindy Tostado, LCSW, member resource and assistance liaison at 431-6586, ext. 317.

## RESOURCES

from page 12

- Comprehensive screenings
- In-home clinical case management services
- Psychiatric assessments
- Individual counseling
- Referrals and linkages to resources
- Family support services
- Peer mentoring services
- Support groups
- Educational and social activities
- Mental Health is as Important as Physical Health

### Senior Protection Program & Financial Abuse Specialist Team

Financial abuse is the fastest growing and least reported form of abuse. This Senior Protection Program provides education and empowerment to help you recognize and guard yourself against financial exploitation. The Senior Protection Program (SPP) provides educational seminars on abuse targeting older adults and adults with disabilities. SPP is proud to be part of a multidisciplinary team known as the Financial Abuse Specialist Team (FAST).

FAST members serve as volunteer advisors offering information in the areas of law, criminal investigation, civil litigation, guardianship, fiduciary matters, banking and accounting, real estate, insurance, and senior services. FAST assists Adult Protective Services (APS), the Ombudsmen, law enforcement and attorneys in resolving complicated matters of abuse. Financial abuse occurs when someone improperly uses another persons' money or property. If you suspect that you or someone you know is being financially abused, report it:

- Call Adult Protective Services (APS) for individuals living independently at 1 (800) 451-5155.
- Report suspicions of abuse to local law enforcement; the Seal Beach Police Department non-emergency line is (562) 799-4100
- Report scams to the FTC online at <https://www.ftccomplaintassistant.gov> or call 1 (877) 382-4357.



## HEALTHY AT HOME

# Five ways to prevent a life-changing fall

Most people hope to live comfortably and self-sufficiently at home well into their golden years.

The good news is advancements in healthcare and other technology are increasingly allowing aging Americans to live longer at home. The bad news is many are unable to continue to do so once they take a serious fall at home, injuring their hips, heads or other body parts. That's an all-too-common problem: One in four Americans age 65 and older fall each year, and falling once doubles their chances of falling again, according to the Centers for Disease Control and Prevention (CDC). Falls also are the number one cause of fatal and nonfatal injuries among older adults.

According to experts, several steps can be taken to prevent debilitating falls.

- **Recognize your risk.** A number of health issues—ranging from arthritis to neurological conditions to vision or hearing loss—can make you more prone to falling. Various medications, the use of alcohol or simple dehydration may also affect your ability to get around safely. Be

aware of your issues so you can plan for them.

- **Optimize your health.** Take responsibility for staying as healthy and fit as possible by remaining active, drinking enough water, limiting alcohol, avoiding smoking and eating a healthy diet with plenty of calcium and vitamin D. Annual physicals, eye exams and bone density tests are recommended. Make exercise a priority, and choose something that you enjoy to maintain your bone health and coordination.

- **Safeguard your home.** Walk through your home to identify and fix possible obstacles such as slippery surfaces, poor lighting, cluttered pathways, unsecured rugs, electric cords, loose flooring, etc. Consider installing grab bars in the shower, securing loose rugs with slip-resistant backings and installing bright motion-detector lights. Move clothes, kitchenware and other everyday items within easy reach.

- **Wear the right shoes.** Limit footwear to well-fitting, low-heeled shoes or slippers with rubber or other non-skid soles. Also watch for untied shoelaces. Don't wear flip flops.

- **Maintain an action plan.**

If you live alone, have someone check on you daily. If you do fall, you may avoid further injury by using your arms to protect your head instead of trying to break your fall. If possible, fall on your side or bottom and roll slightly. If you can't get up after bracing yourself on a wall or furniture, call a friend, relative or 911 for help. Finally, consider wearing a medical alert device 24-7; you never know where and when you'll need emergency help, and your cell phone may not always be available.

Once the COVID-19 restrictions are lifted, the HCC will again be able to offer it's popular Matter of Balance class, which emphasizes practical strategies to manage falls.

People who take the class have praised its content, which focuses on viewing falls as controllable, setting goals for increasing activity, making changes to reduce the chance of falls and learning exercises to increase strength and balance.

Class sign-up information will run in the LW Weekly when it is safe to offer them again.

## More Resources for Memory Loss

**NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center**  
800-438-4380 (toll-free)  
[adear@nia.nih.gov](mailto:adear@nia.nih.gov)  
[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

The National Institute on Aging's ADEAR Center offers information and free print publications about Alzheimer's disease and related dementias for

families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.

**Alzheimer's Association**  
800-272-3900 (toll-free)  
866-403-3073 (TTY/toll-free)  
[info@alz.org](mailto:info@alz.org)  
[www.alz.org](http://www.alz.org)

## MEMORY

from page 12

is covered by Medicare for patients who have had Medicare Part B insurance for at least one year.

Memory and other thinking problems have many possible causes, including depression, an infection or a medication side effect. Sometimes, the problem can be treated, and the thinking problems disappear. Other times, the problem is a brain disorder, such as Alzheimer's disease, which cannot be reversed. Finding the cause of the problems is important to determine the best course of action.

—from the National Institute on Aging

## COVID-19 Testing Locations in OC

**AltaMed-Huntington Beach**  
Monday-Saturday  
Appointments required  
888-499-9303

**SOS Health Center-Costa Mesa**  
Monday-Friday  
Appointments required  
949-270-2100

**SOS Health Center-Newport Beach**  
Monday-Friday  
Appointments required  
949-270-2100

**If You Need Assistance**  
**Orange County**  
**Hall of Administration**  
**(714) 834-3220**



# Health & Fitness

## 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 one percent milk. The cold lunch may be an entree salad or a sandwich with a small side salad. A diabetic dessert is available for those in need. 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, you must contact Caron before 9 a.m. the prior business day. Menu is subject to change without notice.

**Thursday, Sept. 10:** Beef stroganoff, seasoned egg noodles, zucchini medley, cauliflower, mandarin orange, ham and cheese sandwich with lettuce, tomato and pickle, marinated cucumber and onion salad.

**Friday, Sept. 11:** Oven baked breaded fish with tarter sauce, barley pilaf, seasoned broccoli, cantaloupe, entree Caesar chicken salad with romaine lettuce shredded cheese, croutons, Caesar dressing, crackers.

**Monday, Sept. 14:** Oven baked chicken leg and thigh with mole sauce, pinto beans, Mexicali corn, fresh orange or tangerine, chicken salad sandwich with spinach and tomato, carrot and raisin slaw.

**Tuesday, Sept. 15:** Baked ham with honey glaze, mashed sweet potatoes, peas with onions, unsweetened applesauce, entree taco salad with shredded chicken, diced tomato, corn black beans, cheese, cilantro, salsa dressing, crackers.

**Wednesday, Sept. 16:** Beef spicado, baked potato wedges, lemon pepper broccoli, pineapple with mango, turkey, ham and cheese sandwich with the lettuce, tomato and pickle, homemade potato salad.

### LIONS CLUB

## Free reading glasses available

The Lions Club of Seal Beach has been distributing free reading glasses in Leisure World for the past several weeks. Over 200 pairs of glasses have been handed out to 50 plus residents so far.

There are still readers available with various strengths and an eye chart available in the Leisure World Health Care Center.

The Lions Club also has a collections box in the Health Care Center for any old/used prescription glasses that are no longer needed. The Lions Club recycles these and they are given to folks in need at the Vision Screenings in Southern California and Mexico.

Deliveries are still available by emailing Frank Brown, [cbedmo-town@yahoo.com](mailto:cbedmo-town@yahoo.com) or Steve Holten, [commodoresteve@gmail.com](mailto:commodoresteve@gmail.com).

The LW Weekly 430-0534

### OC GREAT PLATES

## Order Kosher Meals on Wheels Now

Pirchei Kosher is serving through Orange County's Great Plates program Kosher meal delivery for those who qualify. This is a meal delivery service providing three meals a day for the duration of the program. To enroll, call Pirchei at (949) 215-9995.

Other programs may be available for those who may not be able to qualify for this program. Contact us for more information or visit [www.yppsshul.com/kosher](http://www.yppsshul.com/kosher).

Those who are over 65 may qualify for the Kosher meal service. This is a limited time program and to enroll you must contact us as soon as possible. Those who are 60-64 and have exposure to COVID-19, may qualify under other categories.

This program is funded in part through a grant from the California Office of Emergency Services, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.

### HHUG

Hearts and Hands United in Giving (HHUG) is a small, local non-profit dedicated to helping the homeless in the community.

HHUG accepts donations of clean used towels, new, unopened travel size shampoo, soap or lotion. New socks are the only clothing donation that HHUG accepts.

Those who wish to donate can contact Linda Neer at (562) 430-3214 for pick up. Donations can also be left on her patio at Mutual 2-48A. To learn more about HHUG, visit [www.hhug.org](http://www.hhug.org).

HCC 24-Hour Nurse: 795-6216

SCRABBLE G R A M S							SOLUTION		
N <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	P <sub>3</sub>	L <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>	RACK 1 =	<u>59</u>	
E <sub>1</sub>	M <sub>3</sub>	I <sub>1</sub>	T <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 2 =	<u>65</u>	
U <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	O <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 3 =	<u>62</u>	
V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	A <sub>1</sub>	RACK 4 =	<u>72</u>	
G <sub>2</sub>	R <sub>1</sub>	U <sub>1</sub>	F <sub>4</sub>	F <sub>4</sub>	L <sub>1</sub>	Y <sub>4</sub>	RACK 5 =	<u>67</u>	
PAR SCORE 265-275								TOTAL	<b>325</b>

### Crossword Answers

PAS	CACKLE	PROAM	ALAS
OVA	ATONAL	RECTO	RAVE
GEL	MONEY	FROMHAM	TREE
ORIGINALS	OLIO	BLIND	
SILENT	TAOS	ACREAGE	
CABALS	BURGER	MEISTER	
PRUNE	BEARS	HIDES	
TART	CARIB	SEEGER	RIB
SLY	ITSALOIN	STORY	ACE
PADRES	CANTS	PIED	
DELSOL	ADAGE	BOASTS	
UTAH	BABAR	AERATE	
CUI	CHARLIE	PORKER	TWO
KIN	ROSIES	LONER	SHAW
SOUSA	COPED	STERE	
LICKONES	SCHOPS	CHASER	
ERRANDS	RIPS	ASLANT	
GOATS	BEST	ASCENDERS	
ANNE	JURASSIC	PORK	AIL
TIER	AROSE	STOOGES	KOA
ENDS	REWED	HATTED	STY

9/13/2020

### Sudoku 1 Answers

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

#### The Basic Rules of Sudoku

- There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 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

CARGO SHOVE COTTON PRIMER  
The plastic surgeon who was known for leaving no scars was a — SMOOTH OPERATOR

## Puzzle Answers

Puzzle page 18-19



### Sudoku 2 Answers

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

Guess Who?  
Colin Firth

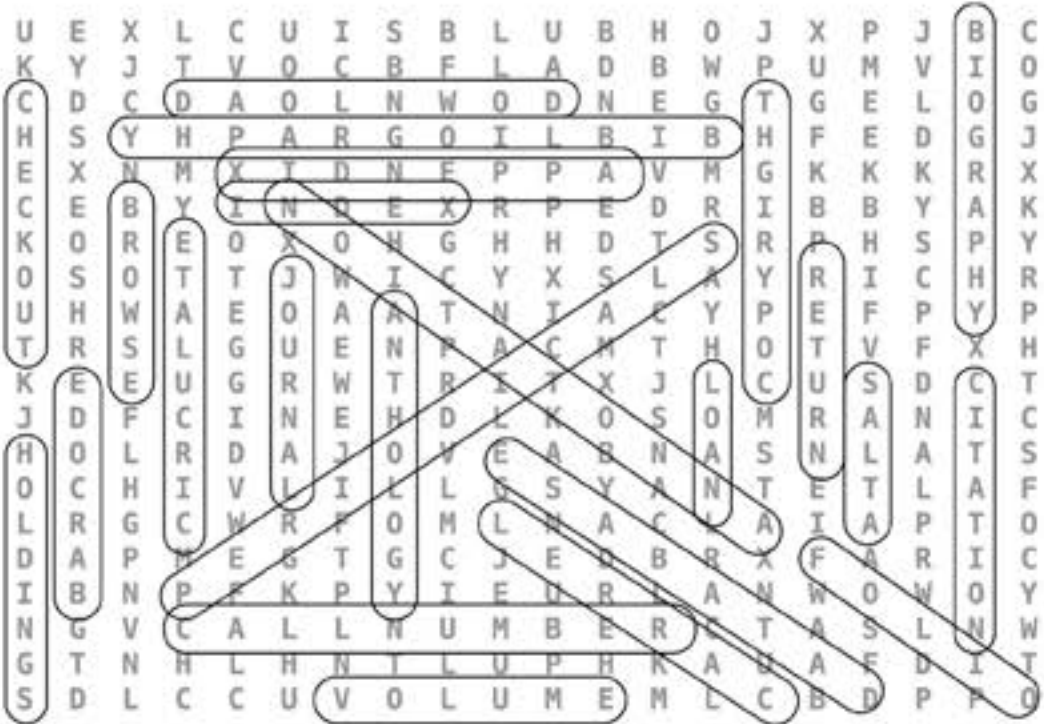
### Crypto Fun Answers

A. catalog B. organize C. shelves D. quiet

### Boggle BrainBusters Answers

ANGOLA CANADA BRAZIL GAMBIA LATVIA PANAMA

### Word-Find Answers





SBTV Listings

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, September 10

- 4 pm Alaska Final Frontier
- 4:08 pm Archie and Edith Get Rescued
- 4:18 pm SBACC with Bloopers/Out-takes
- 4:46 pm Expo 2018
- 5:30 pm Suede Soul Dancers
- 6:05 pm Tommy Williams
- 6:32 pm LW Entertainment
- 7 pm Back to Bourbon Steet
- 7:40 pm Betty Price Chimes Soloist
- 8:30 pm Cerritos Center-Matt Mauser
- 10:30 pm Bob Cole Conservancy

Friday, September 11

- 4 pm Queen Kong 2009
- 4:32 pm Anna Derby 71st Birthday
- 5:32 pm History of Las Vegas Part 1
- 6:40 pm History of Las Vegas Part 2
- 8 pm Seal Beach City Limits: Seal Beach Police Department
- 9 pm Cerritos Center-Golden Dragon Acrobats
- 10:30 pm Cerritos Center-The Four Tenors

Saturday, September 12

- 4 pm Vinyl Rock Valentine Concert
- 6:15 pm LW Hula Dance Club
- 6:30 pm Harmonn Islanders
- 7 pm Beginning of Leisure World
- 7:15 pm Back to Bourbon Street
- 8 pm LAUSD
- 11 pm Cerritos Center-Matt Mauser

Sunday, September 13

- 4 pm McGaugh Pageant of the Arts 2019
- 5:30 pm Betty Price Chimes Soloist

- 6:30 pm Aquarium of the Pacific
- 7 pm Spirit of Seal Beach
- 7:30 pm History of Seal Beach
- 8 pm Alaska Final Frontier
- 8:08 pm Anna Derby's 71st Bithday
- 9 pm Betty Price Chimes Soloist
- 10 pm Abilene Ampitheater
- 11:35 pm Bob Cole Conservancy

Monday, September 14

- 4 pm LW Entertainment
- 4:30 pm LW Expo
- 5:15 pm Archie and Edith get rescued
- 5:30 pm Tommy Williams Sept. 2020
- 6 pm History of Seal Beach
- 6:30 pm Spirit of Seal Beach
- 7 pm SB City Council Meeting-LIVE
- 8:30 pm Suede Soul Dancers
- 9:05 pm Vinyl Rock Valentine Concert
- 11:20 pm Bob Cole Conservancy

Tuesday, September 15

- 4 pm Queen Kong-LW
- 4:32 pm Community Focus
- 5:30 pm Suede Soul Dancers
- 6:05 pm Rolling Thunder
- 7:15 pm Archie and Edith Get Rescued
- 7:30 pm Alaska Final Frontier
- 7:40 pm Betty Price Chimes Soloist
- 8:30 pm Cerritos Center: Matt Mauser
- 10:30 pm Bob Cole Conservancy

Wednesday, September 16

- 4 pm SBACCwith bloopers/outtakes
- 4:30 pm Anna Derby's 71st Birthday
- 5:30 pm History of Las Vegas Part 1
- 6:30 pm History of Las Vegas Part 2
- 8 pm Seal Beach City Limits: Seal Beach Police department
- 9 pm Cerritos Center: Golden Dragon Acrobatics
- 10:30 pm Cerritos Center-The Four Tenors
- 11:30 pm Bob Cole Conservancy

\*All programming is subject to change.

FIRST CHRISTIAN

From page 6

in his letter to Titus put it like this in 2:11-14, “For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and savior Jesus Christ, who gave himself for us, that he might redeem us from every lawless deed and purify for himself his own special people, zealous for good works.”

Jesus himself spoke of his second coming the glorious appearing in Matthew 24:42-44, “Watch therefore, for you do not know what hour your Lord is coming. But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into. Therefore you also be ready, for the son of man is coming at an hour you do not expect.”

We may not know the hour, but we do know he is coming. We need to be ready and waiting. Maranatha! Come quickly, Lord Jesus!

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

Main Gate  
594-4754

SUNSHINE

From page 10

Those who would like to get the Zoom link by email can text their email address to (562) 301-5339.

The Sunshine Club is designed to help all people get along in the community and get the best out of living in Leisure World by learning how to use available information.

The Sunshine Club often has LW leaders come to meetings to introduce their organizations to the group. It also invites a wide variety of specialists from outside to share their experiences and ideas with club members. The club always welcomes new people.

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

DEMOCRATIC

From page 11

World residents have registered or reregistered as Democrats according to information received from the County Registrar of Voters. The number of registered Democrats and Republicans in Leisure World continues to be relatively the same. It is the 1,185 residents who are registered as independent voters who may be the “deciders” in November.

....  
If you are a Democrat and want to know more about the club's efforts between now and Nov. 3, you can subscribe to the electronic newsletter at no cost by emailing [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com) or by calling (562) 296-8521 with your contact information.

Club members interested in being considered for nomination to the 2021-2022 board of directors should email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com). A member of the nominating committee will contact you with a list and description of all open positions.

LW BAPTIST

From page 7

great power for us who believe,” (Ephesians 1:18).

John spoke of the Holy Spirit's enabling us to tell the truth from error. “You have an anointing from the Holy One, and all of you know the truth. I do not write to you because you do not know the truth, but because you do know it,” (1 John 2:20-21).

Christ's two followers travelling to Emmaus experienced this joy. They said, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?” (Luke 24:32).

Lydia in Philippi knew this blessing. The Lord opened her heart to receive the things spoken by Paul, Acts 16:14. Faith makes it possible for us to understand, Hebrews 11:3.

Marvelously God has given us his holy word and provided the Holy Spirit so that by faith we treasure his words. O Lord, “Open my eyes, that I may behold wondrous things out of your law,” (Psalm 119:18).

Professional Services

Debra Halvarson Groh and The Alvarez Firm  
**Attorneys At Law**  
*Complimentary Initial Phone Consultation*



- LIVING TRUSTS & WILLS
- PROBATE, TRUST ADMINISTRATION
- LONG-TERM CARE & MEDI-CAL PLANNING
- CONSERVATORSHIPS
- CONTESTED WILLS AND TRUSTS



3030 OLD RANCH PARKWAY, SUITE 160, SEAL BEACH


**(562) 684-2400**

MEMBER  
National Academy of  
Elder Law Attorneys, Inc.™

**Closets & More by John Mercurio**  
Serving Leisure World  
Exclusively Since 1983  
Specializing in:

- Wardrobe Closets
- Organizers & Door Replacements
- Office Furniture & Bookcases
- Pull-out Drawers in Kitchen & Pantry
- Add Additional Cabinets in Kitchen & Bath

**Call (562) 598-4552 or (949) 378-0616**  
**or go online at [customsbyJohn.com](http://customsbyJohn.com)**





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

- CARPET
- LAMINATE
- ENGINEERED HARDWOOD
- VINYL WOOD PLANK (waterproof)
- NO WAX VINYL FLOORS
- WOOD BLINDS (verticles)

[GGunderson1@verizon.net](mailto:GGunderson1@verizon.net)

**(562)434-3775**

Lic. #629553





**RYDEN CONSTRUCTION**  
Est. 2001  
QUALITY SERVICE

Lic# 981264

Specializing in  
**Window & Door**  
Replacements.

*Free In-Home Consultations*  
**714-373-0011**

[RYDENWINDOWS.COM](http://RYDENWINDOWS.COM)

**Nostalgic Books Are Here!**

*Excellent Birthday Present!*

**Books for Ma, Pa and Friends...**

**"VINTAGE BEAUTY"**  
1940, Hollywood Classic Recipes

**"RISQUE BEAUTY"**  
History Most Notorious Courtesans

**"VINTAGE WEDDING"**  
Romance Recipes from 1920-1950

**"ROSIE'S RIVETING"**  
Food Recipes, 1940 WWII Classic

**"Making VINTAGE CANDY"**  
Recipes from WWII time

**"ART DECO HAIR"**  
Hairstyles from 1920 - 1930

**STREAMLINE PRESS**  
Retro & Nostalgic Book Publisher

**Call**  
**562.341.6128**  
**Excellent pricing & immediate delivery!**



**GREENWOOD**  
HEATING & AIR INC.  
www.GreenwoodHeatandAir.com

**Sales – Service – Repair**

**"Your Leisure World Specialists"**



**\$150<sup>00</sup> off**

**New Heat Pump or Air Conditioner**

**FUJITSU**  
THE POSSIBILITIES ARE INFINITE

All makes and models of Heat Pumps

**714-821-7070**

Lic. # 945655



# Professional Services

Room Additions / All Improvements



OUR 27th YEAR

Family Owned & Operated  
LW References Available  
**714-282-0559**

St. Lic. # 1060993



**(714) 379-3500**  
Experience Our Experience  
Remodeling Leisure World For Over 30 Years  
Carlos Ayala  
www.LosAlBuilders.com

**Income Tax**  
• Financial Planning and Bill Paying  
• Trust Administration



**(562) 594-9729**  
Leisure World Shopping Center  
13924 Seal Beach Boulevard, Suite C  
\*\*Same location since 1979\*\*

**Advertise here  
for \$30 per week**  
10 consecutive weeks, minimum  
**Call 430-0534**

**Advertise here  
for \$30 per week**  
10 consecutive weeks, minimum  
**Call 430-0534**



**Alpha Master Builders Inc.**  
BUILDING RELATIONSHIPS THROUGH QUALITY AND INTEGRITY  
**For all of your  
home remodeling needs.**  
**(562) 208-5526**  
thedreamkitchen4u@gmail.com  
#B921621

In-home care for a  
better quality of life.



562.653.4480 | www.rahwestoc.com

Serving Leisure World since 1989



Residential Custom Design Installation  
**Free Installation • Free Estimates**  
Vertical Blinds, Cell Shades  
2" Blinds & Shutters  
**562 493-4228**  
Lic. #1057064

**Katherine A. Brennan**  
Insurance Agency  
Condos • Home • Auto • Business • Golf Carts  
**(562) 594-8787**  
**(562) 706-5879**  
sealbeachinsurance@gmail.com  
2999 Westminster Ave. #225 - Seal  
Beach Village Shopping Center  
Use North Lobby Entrance elevator  
License # 0C69869



Proudly  
Serving LW  
for 22 years



**D B Handyman**  
**Available for Outside Projects**  
Patio Enhancements • Haul-Away  
Plumbing Upgrades • Carpentry  
Painting • Senior Living Modifications  
**21 Years Serving LW**  
**562-841-3787**  
SB Lic # BRA0002



**CANNON LEGAL FIRM**  
Dana M. Cannon, Esq.  
**(562) 543-4529**  
FREE CONSULTATION - WILL COME TO YOU  
**ESTATE PLANNING & ADMINISTRATION**  
Living Trusts • Probates • Trust Administration  
Litigation • Pet Trusts • Conservatorships  
www.CANNONLEGALFIRM.COM  
DANA@CANNONLEGALFIRM.COM  
3020 OLD RANCH PARKWAY, SUITE 300 SEAL BEACH, CA

**Advertise here  
for \$30 per week**  
10 consecutive weeks, minimum  
**Call 430-0534**

**PHIL CLEANS**  
WINDOWS • WALLS • FLOORS  
MOVE-IN • MOVE-OUT  
7 DAYS A WEEK • 1-2 MAN TEAM  
OVER 40 YEARS EXPERIENCE  
**(562) 881-2093**  
SB LIC. #ABL0001



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

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

**562.755.7472**

**Safety First Service**  
Grasp, LLC  
Technology Services



**Grasp Technology**  
(714) 263-6240 Technology Services  
David Wooten Computer, TV, and Devices  
Grasptv.services@gmail.com Troubleshooting and Setup



Affordable In-Home Care and Support  
Our Clients In Your Community On  
Average Have Secured Rates As Low As:  


**\$23**  
Per Hour

Contact Us: 951.679.4700  
Caring Companions is a referral agency  
Visit us at: www.onlinecaring.com  
Text: 951.204.0001  
Email: info@onlinecaring.com

**Advertise here  
for \$30 per week**  
10 consecutive weeks, minimum  
**Call 430-0534**

**Advertise here  
for \$30 per week**  
10 consecutive weeks, minimum  
**Call 430-0534**

**Alpine**  
Heating & Air Conditioning  
Specializing in Serving Leisure World Residents

We service  
& install



MITSUBISHI  
HEAT PUMPS

Free Installation Estimates  
Sales • Repair • Installation  
Lowest Prices In Town  
All Work Guaranteed  
**714-901-0552**  
Cal. St. Lic. # 719734



# Professional Services

Room additions  
Remodeling  
Skylights  
Kitchens  
Bathrooms  
Countertops  
Storage closets  
Washer/Dryer  
FREE ESTIMATES  
LW REFERENCES

**John M. Bergkvist**  
GENERAL BUILDING CONTRACTOR  
State Lic. #638079  
**562 - 433-3052**



**LIVING TRUSTS  
ESTATE PLANNING  
PROBATE  
CONSERVATORSHIPS**

House Calls - Free Consultation  
**(562) 280-0999**  
**James E. Foden, Attorney at Law**

**WINDOW · DOOR · SKYLIGHT**  
**LW Resident providing  
personal service at  
the lowest price.**  
**SWENMAN CO.**



We Accept Credit Cards  
**562- 430-2265**  
St. Lic. 413207 · Seal Beach Swe001

**562-596-0559 LW Decor, Inc.** Renovations Contractor  
St. Lic. 723262

Kitchen/Bathroom Remodeling New Shower / Tub-tiled Granite / Quartz Counter Tops Dishwasher / Microwave Cabinet Refacing Painting / Make Ceilings Smooth	Laminate Patio Tile / Patio Carpet Vinyl Plank Shutters / Blinds	Built a Second Bathroom Sound Proof Walls Triple-pane Windows Washer / Dryer
---	---	---

**LEISURE WORLD DECORATORS** 40+ Years in LW **562-596-0559**

**KK**  
Konrad Konstruktion

•Kitchens •Bathrooms •Room Additions •Flooring  
General Contractor  
• Counter Tops  
• Home Remodel  
• Patio Enclosures

Lic.945818 **Call for FREE Estimates**  
kkonstruktion@gmail.com **562-715-3821**



**Chris Kim (김인철)**  
Berkshire Hathaway HomeServices  
Realtor® DRE #00996404  
**www.LWChris.com**  
**(424) 247-4542**

*Chris can find the best one for you!*  
원하시는 최상의 집과 구입자를 찾아드립니다!  
Woodbury Univ. BS, Cal. Theo. Seminary M.Div.  
인천교대부국 상도중학교 경기고등학교 졸업

*Laundrylicious*  
**Laundry Service**  
FREE PICKUP FREE DELIVERY

At Leisure World every Monday, Wednesday & Saturday

**15% off Weekly Service**

**10% off Bi-Weekly Service**

\$30 per load. Each 10<sup>lb</sup> is considered a load. That's about the same as what fits in a 13 gallon kitchen trash bag.

**Laundry • Dry Cleaning • Alterations**

Book Online at [Laundrylicious.com](http://Laundrylicious.com)  
Or Call 714-576-8656

**Are you Frustrated  
With Your Computer?**

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

I will come to you.  
Call Me... Let me help you.

**Tina Schaffer**

**(562) 755-6199**

Serving residents for 14 years



You Need It, We Can Do It!

Church Stage Design  
Lighting  
Electrical Repair  
Patios & Decks  
Fan Installations

TV Entertainment  
Drywall Repair  
Doors & Windows  
Picture Hanging  
Minor Plumbing  
And MORE...

**(888) 320-5558**

[www.KleinsHandyman.com](http://www.KleinsHandyman.com) Licensed and Insured

**GRECO  
CONSTRUCTION**

**ROOM ADDITIONS  
KITCHEN & BATH REMODELS**

Excellent LW Referrals

**714-330-3523**

ST. LIC # 992336

[greco designdev@gmail.com](mailto:greco designdev@gmail.com)

**WATCH & JEWELRY REPAIR**

**ROLEX**  
INDEPENDENT  
SERVICE

**CLOCK  
REPAIRS**

**Watch  
Batteries**  
**\$15<sup>00</sup>**  
Most watches

FREE Pick-up & Delivery

SAVE this coupon

Fanny & Luis (LW residents)

Old Coupons  
Are Cancelled

**562-799-9934**

**BUDGET  
BLINDS**

Style and service for every budget.®

Blinds  
Shutters  
Shades  
Draperies  
Home  
automation



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

**Cindy Brunner**

Owner, Design Consultant

Cell: 714-658-1813

HB Office: 714-840-8540

SB/BP Office: 714-486-1440

Fax: 714-242-1866

Email: [cbrunner@budgetblinds.com](mailto:cbrunner@budgetblinds.com)

Website: [budgetblinds.com/huntingtonbeachnorthandsealbeach](http://budgetblinds.com/huntingtonbeachnorthandsealbeach)

**FREE in-home/office  
consultation**

An independently owned and operated franchise.

**J&J'S 24 HOUR HOME CARE  
ELDERLY CAREGIVING SERVICES**



**714-724-0554**

Helping Seniors live Independently in their Own Homes!

**L&S** core construction inc.  
**Remodeling**

• Kitchen & Bath  
• Room Additions  
• Washer/Dryer Enclosures  
• Flooring  
• Painting  
• Patio

English

**714-900-0307**

Korean

한국어

**FREE Estimates**

[LNScoreconstruction@gmail.com](mailto:LNScoreconstruction@gmail.com) ~ Lic. 1026807



**Martin**

**MP CONSTRUCTION**

[mp.construction2@aol.com](mailto:mp.construction2@aol.com)

**562-746-5400**

Lic.# 954725

**FIBRENEW**

Experts in Leather, Plastic & Vinyl Restoration

Repair and Restoration for:

• Leather • Plastic • Vinyl  
• Automotive Interiors • Furniture • RVs

Virus Disinfecting & Sanitizing for Home & Auto

PPE Used & Distancing Respected

Friendly, Mobile Service - We Come to You!

**FREE Estimates! Call 562.821.3070**

See Our Work at [fibrenew.com/longbeachsouth](http://fibrenew.com/longbeachsouth)

Email: [lbsouth@fibrenew.com](mailto:lbsouth@fibrenew.com)

Ask  
For LW  
Resident  
Discount

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

10 consecutive weeks, minimum

**Call 430-0534**

**LIVING TRUSTS**

**\$499<sup>00</sup>** SINGLE

**\$699<sup>00</sup>** MARRIED

First Time Clients. Simple Estates.

**Living Trust & Pour-Over Will  
Home Transferred to Trust  
Power of Attorney Documents**

**OTHER SERVICES**

+ Probate Administration  
+ Trust Modification  
+ Small Estate Affidavits  
+ Legal Name Changes

**Service Includes:**

• Two visits w/Attorney

• FLAT RATES

• AFFORDABLE FEES

Web site: [www.amstrustlaw.com](http://www.amstrustlaw.com)



**10 Minutes from  
Leisure World**

**[714]899-9671**

Initial consultation free to establish a trust.

**Law Offices of Allan M. Soto, Inc.**

7960 W. McFadden Ave. • Westminster, CA 92683



Puzzles & Comics

Answers on page 14

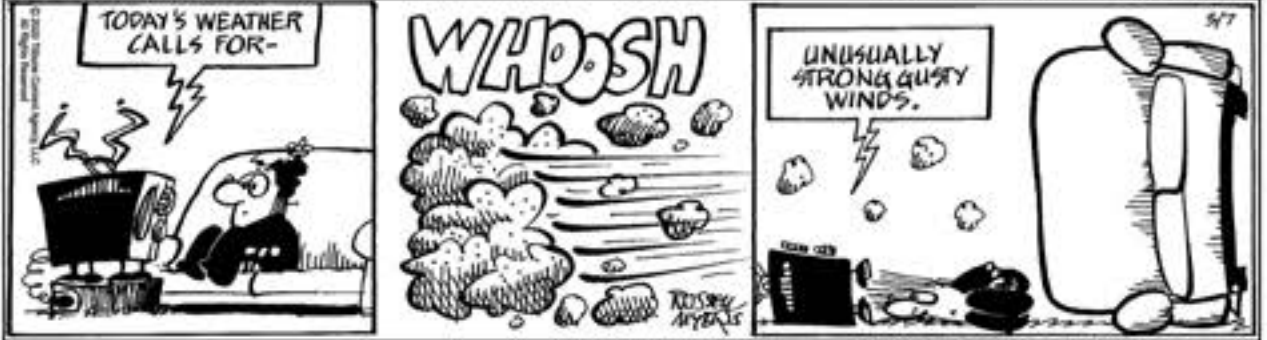
Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Sudoku 1

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

9 To 5 By Harley Schwadron

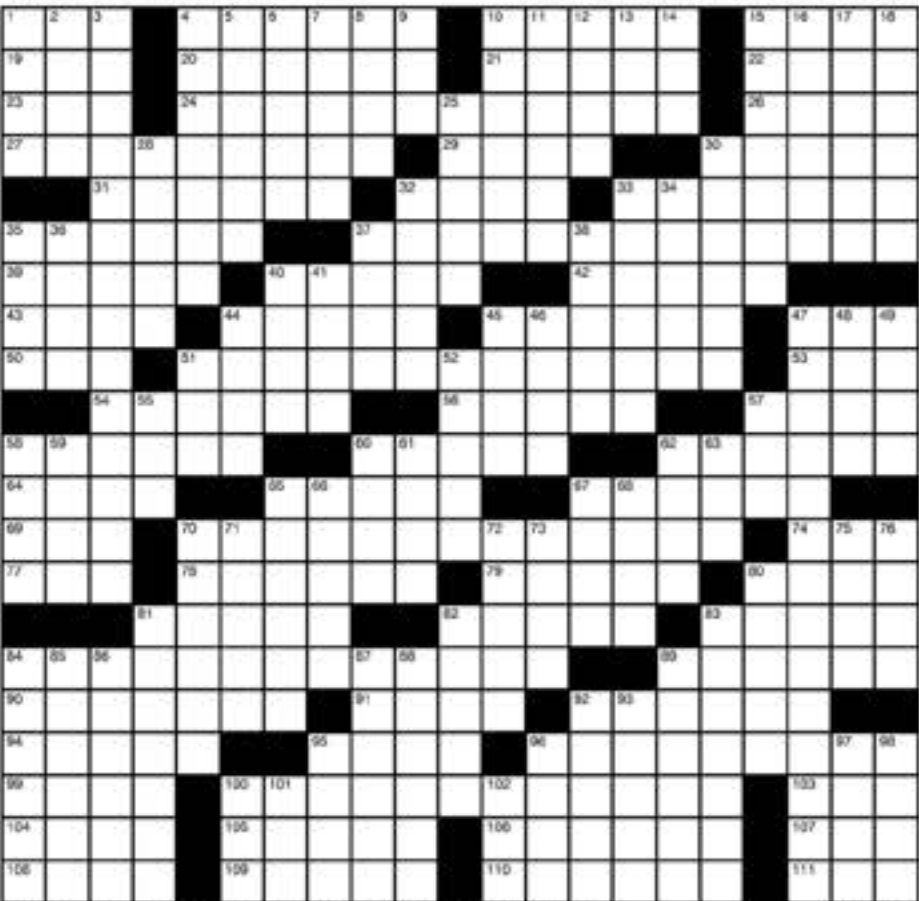


Where's the beef?

Edited by Linda and Charles Preston

ACROSS

- 1 Dads
- 4 Hen party comment?
- 10 Golf tourney abbr.
- 15 Woe is me
- 19 Eggs: L.
- 20 Keyless
- 21 Right-hand page: L.
- 22 Carry on
- 23 Hair goop
- 24 What pig farmers reap?
- 26 Corner, slangy
- 27 Nonconformists, say
- 29 Spiced stew
- 30 Window shade
- 31 Type of auction
- 32 Santa Fe Trail town
- 33 Farmland
- 35 Intrigues
- 37 King of the barbecue?
- 39 Cut back
- 40 Bulls' counterparts
- 42 Tucks away
- 43 Piquant
- 44 West Indies native
- 45 Folksinger Pete
- 47 Tease
- 50 Stallone, to friends
- 51 Steer's tale?
- 53 Crackerjack
- 54 California missionaries
- 56 Uses technospeak
- 57 Like the Piper
- 58 Costa \_\_\_\_
- 60 Saw
- 62 Proud pronouncements
- 64 Home of The Jazz
- 65 Fictional pachyderm
- 67 Do a lawn job
- 69 One of "The Five" Russian composers
- 70 Barnyard jazzman?
- 74 Snake eyes, in Vegas
- 77 Relative
- 78 O'Donnell and O'Grady
- 79 Solitary soul
- 80 Robert of "Jaws"
- 81 March maestro
- 82 Managed equivalent
- 83 Cubic meter
- 84 Savor lamb?
- 89 Pursuer
- 90 Gofer's chores
- 91 Tears roughly
- 92 Like Pisa's tower
- 94 Mountain climbers, often
- 95 Outdo
- 96 Climbers, most of the time
- 99 Diarist Frank
- 100 Spielberg's non-kosher dinosaur?
- 103 Feel poorly
- 104 Wedding cake segment
- 105 Came up
- 106 Straight man
- 107 Hawaiian tree
- 108 Linemen



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

9/13/20

DOWN

- 1 Kelly's possum
- 2 Maintain
- 3 Burger sans bun or fixings?
- 4 Dumas's courtesan
- 5 Makes amends for
- 6 Schwarzenegger 1982 role
- 7 Showed submission
- 8 Bard's ballads
- 9 Mischiefmaker
- 10 Introduction; var.
- 11 Grant a claim to
- 12 Cuatro doubled
- 13 \_\_\_\_ loss; perplexed
- 14 TV's "Super \_\_\_\_"
- 15 Ingenuous
- 16 Dogie catcher
- 17 Pay back
- 18 Rainmaker, perhaps
- 25 Jungle music?
- 28 Goliath, for one

- 30 Covered with thorns, e.g.
- 32 Supercharger
- 33 Baja buddies
- 34 Grantor by treaty
- 35 Ahab, et al.
- 36 Inland sea of Asia
- 37 Drain a dinghy
- 38 Gable's Butler
- 40 Foundation
- 41 Mesozoic and Paleozoic
- 44 PC command key
- 45 Obstacle
- 46 Feudal fieldhand
- 47 Breed cattle?
- 48 Rapper
- 49 Peony plots, e.g.
- 51 Altar utterance
- 52 See if \_\_\_\_!
- 55 Louisville Slugger wood
- 57 Sen. Moynihan
- 58 Take evasive action
- 59 Small, fancy case
- 60 Willing partner
- 61 Honorees' platform
- 62 "Uncle Remus" rabbit
- 63 Shell propeller
- 65 Low strings
- 66 Tunes from "La Tosca"
- 67 "Rule Britannia" composer
- 68 \_\_\_\_ out a living
- 70 Sings a sentimental song
- 71 Presley's "\_\_\_\_ Dog"
- 72 Sits suddenly
- 73 Butterfinger's cry
- 75 Pottery
- 76 Loan recipient
- 80 Tolerate
- 81 Baiul and Boitano
- 82 Egyptian Christians
- 83 Mishit the golf ball
- 84 Emissary
- 85 \_\_\_\_ the fire: venture
- 86 Stretched one's neck
- 87 Pants line
- 88 Showed displeasure
- 89 French religious body
- 92 In \_\_\_\_: having difficulties
- 93 Get along now!
- 95 Facial feature
- 96 Official record
- 97 Mob scene
- 98 Overwhelm with laughter, slangy
- 100 Cookie container
- 101 Yorkshire river
- 102 \_\_\_\_ Kabibble

The Observer Crossword Puzzle

SCRABBLE G R A M S

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2020 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

O1U1S1N1L1P1N1

RACK 1

E1E1I1R1T1T1M3

2nd Letter Triple

RACK 2

E1O1U1V4R1N1C3

RACK 3

A1A1E1D2V4R1N1

Double Word Score

RACK 4

U1Y4L1R1G2F4F4

RACK 5

PAR SCORE 265-275  
BEST SCORE 325  
FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

JUMBLE

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

AROCG

SEVOH

TOCONT

RRIMPE

Check out the next, free JUST JUMBLE app

©2017 Tribune Content Agency, LLC All Rights Reserved.

THAT SCRABbled WORD GAME

by David L. Hoyt and Jeff Knurek

Will my lines disappear?

You'll look like a teenager again. Trust me, I'm the best there is.

THE PLASTIC SURGEON WHO WAS KNOWN FOR LEAVING NO SCARS WAS A \_\_\_\_

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Check out the next, free JUST JUMBLE app

©2017 Tribune Content Agency, LLC All Rights Reserved.



I am an actor born in England on September 10, 1960. I lived in England, Nigeria and the U.S. as a child. I gained prominence as an actor for my roles in many films, such as "Pride and Prejudice." I have earned one Academy Award.

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

Level: Intermediate

## Puzzles & Comics

### Answers on page 14

**CRYPTO FUN**

Determine the code to reveal the answer!

Solve the code to discover words related to libraries.  
Each number corresponds to a letter.  
(Hint: 22 = E)

A.   **20   9   5   9   23   3   18**  
*Clue: Complete list of items*

B.   **3   14   18   9   16   1   26   22**  
*Clue: Make orderly*

C.   **15   24   22   23   6   22   15**  
*Clue: Wall storage units*

D.   **13   7   1   22   5**  
*Clue: Not loud*

---

**Boggle® BrainBusters!**

By David L. Hoyt and Jeff Knurek

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

<b>BOGGLE® POINT SCALE</b>	<b>YOUR BOGGLE® RATING</b>
3 letters = 1 point	151+ = Champ
4 letters = 2 points	101-150 = Expert
5 letters = 3 points	61-100 = Pro
6 letters = 4 points	31-60 = Gamer
7 letters = 6 points	21-30 = Rookie
8 letters = 10 points	11-20 = Amateur
9+ letters = 15 points	0-10 = Try again

**Boggle® BrainBusters Bonus**

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

Find AT LEAST SIX SIX-LETTER COUNTRIES in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

12-22-19

BOGGLE is a trademark of Hasbro, Inc. © 2019 Hasbro, Inc. Distributed by Tribune Content Agency, LLC. All Rights Reserved.

## LIBRARY WORD SEARCH

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

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

## WORDS

ANNOTATION  
ANTHOLOGY  
APPENDIX  
ATLAS  
BARCODE  
BIBLIOGRAPHY  
BIOGRAPHY  
BROWSE  
CALL NUMBER  
CARREL  
CHECKOUT  
CIRCULATE  
CITATION  
COPYRIGHT  
DATABASE  
DOWNLOAD  
FOLIO  
HOLDINGS  
INDEX  
JOURNAL  
LOAN  
PERIODICALS  
RETURN  
VOLUME





# Classifieds

## GENERAL

### AVON

Lenora Browning, LW Resident.  
Phone 562-493-5457. Seal Beach  
Business License #BRN000. 12/31/20

### JAFRA

ByHelen

LW Resident. (562) 419-3557  
www.jafra.com/hwells  
Cosmetics, fragrances,  
Hand sanitizers available.  
Business License #WEL0015. 09/03

I am seeking a female companion.  
This is not a paid position, but an  
appeal to single LW females ages  
65-80, who are lonely and want a  
man in their life. Some of the qualities  
I desire are Christian, family-  
oriented, politically conservative,  
good-natured, kind, honest, warm  
and affectionate. If this is you, please  
call Don Sunday at (562) 650-5528.

09/10

## GARDENING

### FRANK'S GARDENING SERVICE

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

### HANDYMAN SERVICES

Additions & Remodeling, Kitchen  
& Bath Remodeling, Windows, Tile  
& Stonework. State Contractor's  
License #393071.

OGAN CONSTRUCTION, INC.  
(562) 596-7757. 03/31/22

### 562-596-0559

#### LW DECOR INC.

Remodeling/Renovations  
New triple pane windows,  
laminated flooring, carpet patio  
tile/carpet. Painting ceilings  
made smooth, ceiling lights.

Exterior windows,  
refaced kitchen cabinets,  
refaced granite quartz countertops.  
Lic. #723262. LW DECOR INC.

562-596-0559. 09/24

JR HOMERPAIRS. Quality work.  
Perfectionist, honest & reliable.  
Call JR 562-519-2764. SB Business  
License #JRH0001. 07/08/2021



### MP CONSTRUCTION

#### General Contractor

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

562-746-5400.

License #954725. 04/22/21

## BATHTUB & SHOWER REFINISHING

We refinish your TUB/SHOWER  
to look brand new.

Convert to a WALK-IN  
SHOWER and/or raise seat.

Nu Kote 562-833-3911

License #699080

Serving LW since 1999. 09/17

## PAINTING

Painting - Free estimates. 1 room  
or entire house & refinish kitchen  
cabinets. Call Jerry (714) 826-8636.  
CA State License #675336. 10/29

### 562-596-0559

#### LW DECOR INC.

Only premium paints,  
Ceilings made smooth.  
New handles-hinges  
Crown moulding installed.

License #723262.

LW DECOR INC

40 years in LW.

562-596-0559. 09/24

## FLOOR COVERINGS

562-596-0559

LW Decor Inc.

Laminate, Vinyl, Plank, Patio tile  
and Patio carpet.  
License #723262.

40 years in Leisure World.

562-596-0559. 09/24

310-261-0571

Interior Flooring Solutions

Hardwood floors, carpet,

laminated, vinyl planks.

25 years experience.

Contractor License 1043763. 12/24

## CARPET & UPHOLSTERY CLEANING & REPAIR

All Year Carpet Cleaning since 1988.

Call Tito (562) 658 - 9841.

State Contractors Lic. #578194. 10/29

## SKYLIGHT SERVICES

### SKYLIGHTS

CLEAN, REPAIR, REPLACE.

Licensed and insured.

Dan (562) 841-3787.

Seal Beach License #BRA0002. 09/24

## WINDOW COVERINGS

### LW DECOR INC.

Blinds, shutters, shades, 40

years serving Leisure World.

Contractor's License #723262.

LW DECOR INC.

562-596-0559. 09/24

## WINDOW WASHING

### WANT CLEAN WINDOWS?

I Clean Inside & Outside Or...

Clean Outside Only and Save \$\$\$.

(562) 600-0014. LW Resident,

Rich Livitsky, Seal Beach

Business License #LIV0004. 09/24

## LEISURE WORLD HELPING LEISURE WORLD

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

### "ROLLIN THUNDER" GOLF CART CLUB

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

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

## HOME CARE PERSONAL ASSISTANT

Maria's experienced caregivers, run  
errands, Dr's appointments, cleaning,  
cooking, part-time, full-time, live-in.  
(562) 230-4648. Seal Beach Business  
License #CAM0006. 12/31/20

I am an experienced caregiver  
available to assist with daily care,  
doctor's appointments, and errands.  
Available 24/7. 949-899-7770. 10/01

### CHRISTIAN HOME CARE

Referral Agency. Experienced,  
knowledgeable caregivers, honest,  
assertive, fluent English. Hourly/  
full-time, doctor's appointments,  
errands. Bernadine 562-310-0280.  
Seal Beach Business License  
#BCS0002. Bonded/insured. 12/10/20

### EXPERIENCED CAREGIVER

Over 20 years in Leisure World  
with Excellent References. Hourly  
or Live-in. Please Call Pampet:  
562-371-4895. Seal Beach License  
PAN0003 09/24

Elderly care. Live-in, live-out.  
30 years of experience. Cooking,  
cleaning, medications, companions,  
doctors. Experience with dementia.  
Licensed by the state.  
Gloria 949-371-7425. 09/17

MOST AFFORDABLE RATE af-  
fordable rates with optimum service,  
23 years experience LW, reliable,  
honest caregivers. Licensed, 24 hour,  
part time, doctors, appointments,  
references, fluent English. Ann 714-  
624-1911, Heidi 562-277-3650. Seal  
Beach License #HYC0001. 12/31/20

Do you need help  
getting things done?  
Call "your personal concierge".  
Home organization, running  
errands, House/pet sitting,  
personal shopper, Post office  
services and more! Reasonable rates.  
Call or text Lisa 949-432-1877. 09/17

Experienced caregiver, CNA, medi-  
cation management, dementia,  
diabetic care, doctor appointments,  
errands, companionship, cooking &  
cleaning. Overnight care available.  
(310) 367-4664. 11/19

## HOME CARE PERSONAL ASSISTANT WANTED

CAREGIVER/HOUSEKEEPER  
URGENTLY NEEDED - This is a  
live-out position work, from Tues-  
day to Friday. \$750 weekly. Child-  
care and Light housekeeping. Must  
be able to interact with children,  
speak English, and non-smoker.  
MUST HAVE REFERENCES  
AND BE RESPONSIBLE.  
If interested, you can reach Janet at  
shoexport44@gmail.com. 09/24

## BEAUTY SERVICES

Tammy Nguyen Phenix Salon  
- Service in private suite. One  
customer, one hairstylist. Sanitized  
& professional. Haircut for men  
& women, shampoo, set, color,  
highlights, perm, nails & toenails.  
In-house service available. Tammy  
Nguyen. 13944 Seal Beach Blvd,  
#116. (714) 425-4198. 11/26

In home hair care, serving the men  
and women of Leisure World for  
36 years. Mel, cell: 562-480-9341.  
License #KC75538. 09/24

## HOUSE CLEANING

Patricia House Cleaning, weekly  
or monthly. Excellent referrals in  
Leisure World. 562-397-4659 Seal  
Beach License LUC0001. 10/08

General housekeeping, 30 years of  
experience. Bi-weekly or monthly.  
Seal Beach License RAZ0002. Call  
Gloria 949-371-7425. 09/17

### GRACIAN'S HOUSECLEANING & WINDOWS.

Windows 10% off first cleaning  
General housecleaning  
Excellent referrals in LW  
(562) 307-3861.  
20 years experience.  
Seal Beach Business License  
gra0006. 09/23

MAGALY'S CLEANING SERVICE  
We make your home sparkle! 7 days-  
call anytime! Complete cleaning.  
Seal Beach Business License  
#M0001A. Call 562-505-1613. 11/05

LW Weekly

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

Maria House Cleaning  
We'll make your house look as  
nice as possible! 15 years of  
experience. We can work with your  
schedule. Bi-weekly or monthly.  
Deep cleaning.  
Call or text 714-496-2885.  
Bus. Lic #HER0008. 10/29

## COMPUTERS

### FRUSTRATED (562) 755-6199

Everything for your computer  
(PC or Mac), cell phone, TV,  
stereo, any electronic device.  
Tina Schaffer. Seal Beach Bus.  
License #CIP0001 11/12

John's Computer Services  
562-733-9193

Virus removal, Repair, Training,  
Software, Wireless, Internet  
Security. LW Resident  
SB License FUH0001. 10/29

## AUTOS WANTED

### ANY KIND OF CAR

Cars, motorcycle, truck - running or  
not. We are local - call anytime! We  
pay cash and remove promptly! We  
do DMV and Release of liability for  
you! Bonded/Licensed, since 1985!  
Call us so we can come out and give  
you a quote. 562-684-0901. 10/22

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

## ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

Golf Cars BUY SELL TRADE and  
REPAIRS. Call: 714-292-9124. 05/13/21

## TRANSPORTATION

Need a lift? Pam Miller.  
LW Resident. 310-227-1258. 09/17

Rides by Russ,  
With the personal touch.  
For over 5 years I have been giving  
all types of rides to Leisure World  
residents. Rides to the airports,  
doctors, cruise ports, shopping  
and errands.  
I also make & sell face shields for \$6.  
Russ 714-655-1544. 09/17

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

### ELECTRIC CAR PADS

Installed at your residence. Call Frank  
562-743-3832. State Contractor's  
License #779462. 09/03

## MOVING, HAULING & STORAGE SERVICES

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

No job too small, fast, reliable, great  
prices. Seal Beach Business License  
BRA0002. Dan: 562-841-3787 09/24

### A FRIEND AND A TRUCK

Your moving service, any size  
job. Call 310-387-2618. Business  
License RO263644. 09/17

## NO ONE KNOWS LEISURE WORLD LIKE WE DO!

### Mr. Hank & Associates • LW Residents Leisure Living Resales, Inc.

13918 Seal Beach Blvd., Seal Beach, CA 90740

(562) 493-6601

leisurelivingresales.com

Next to  
Wells Fargo  
Lic. #636260

\*\*\*OVER 20 YEARS OF DEDICATED SERVICE IN LEISURE WORLD\*\*\*

Before you buy, let us show you FAIR MARKET VALUE Listings



Mutual-5 98L

Reduced \$479,000

Beautiful Corner, Many Features  
Two Bedrooms, 1½ Baths, AC,  
Designer Kitchen and Bathroom,  
Beautiful Greenbelt,  
Appointment Only.  
Call Hank at 562-743-8473



Pending Sale

Call Carl or Gina

Beautiful,  
move in ready  
2 bedroom  
unit in Mutu-  
al 7. Lower  
\$220s.

2 Bed, 2 Bath, M15 -29J \$329,000  
2 Bed, 1 Bath, M7-159I \$239,000

One bedroom unit, drive-up, tiled  
patio, AC, heat pump, laminate floor,  
walk-in shower  
M7 - 160B, \$179,000  
Call Hank: (562) 743-8473

### BUYERS ONLY! LAUNDRY CORNER

2 Bed Basic, FAH/Dishwasher  
Laminate, Plantation Shutters  
Asking \$275,000 M5 - 123L Call Hank

pending M1-54H Asking \$193,900



Erika — M17  
(562)-208-5223



Gina Rojas  
562-533-3190



Carl Kennedy M14  
(661) 810-9410



Yong Pyon — M1  
(310) 658-0379



Young Ro — M7  
(714) 504-2541



Mr. Hank  
(562) 743-8473



Classifieds  
MISCELLANEOUS  
FOR SALE

Portable air conditioning. Almost new. Delonghi, Model PINTUINO. 949-735-6811. Call after 5 p.m. 09/10

Two-wheel recumbent bicycle. Excellent condition. \$300 OBO. 623-299-6544. 09/17

Surfing & recreational kayak by Hunt Johnson desins, 30 lbs, made of Kevlar.\$1,100 OBO.623-299-6544. 09/24

NON-LW REAL  
ESTATE FOR RENT

Looking for a female 65 & older that is looking for a private room to rent. Low income. 6 bedroom house. In Westminster, off Bolsa Chica & Westminster Blvd. All utilities & cable included. Ready for move-in. The room starts at \$900/month. (562) 296-5410. Yvonne. 10/01



Want to  
Place an ad  
or Renew your  
current ad?  
Call  
(562) 430-0534 or  
send an e-mail to  
katyal@lwsb.com



**Erika Shapiro**  
BRE # 01448494  
Resales Specialist  
Mut. 17 Resident  
Traveling Notary  
562-208-5223

New Listing

2 Bedrooms / 2 Full Baths  
Expanded corner, small  
patio, great kitchen, washer/  
dryer, and much more...  
**Mutual 11 - 263G**  
**\$499,000**



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 \$249,000**



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**



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 \$239,000**



Reduced Move-In Ready

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

1 BDR , 1 Bath  
Laminated flooring,  
skylights, A/C heat pump  
**Mutual 1 - 63B**  
**\$167,500**

1 BDR, 1 Bath  
Laminated flooring, beautiful  
green belt location,  
**Mutual 1 - 29H \$175,000**

Condo for Sale  
Third floor, Greenbelt,  
2 BDR/2 Ba  
**Mutual 17-42E \$375,000**

**Service Is My Priority!**  
**Call me for a free market evaluation**  
**Leisure Living Resales**



**Joanie Korman**  
**(714) 308-8034**

LW Resident, Real Estate Specialist  
BRE#01937786

“Where Life Just Got Easier”

High End Remodel

Two Bedrooms, 2 Full Bathrooms  
Gorgeous Kitchen, Oversized Peninsula  
A Stunning Home  
**M15 34L \$368,000**

Beautiful Remodel

Two Bedrooms, Two Full Bathrooms  
Fully Expanded, Large Greenbelt  
**M9 226L \$385,000**

2 Bedrooms 1 Bath

Fully Expanded Light and Bright, Morning Sun  
**M6 64C \$235,000**

2 Bedrooms 1 Bath

Centrally Located, Fully Expanded  
Kitchen Island  
**M5 114K \$265,000**

Coming Soon

2 Bedroom 1 Bath  
400 Ft Patio, Greenbelt  
**M3**

Location Location Location

Fully Expanded 2 Bedroom 1 Bath  
Newer Kitchen, Tons of Closet Space  
**M11**

Adorable 1 Bedroom on a Greenbelt  
**M2**

Berkshire Hathaway Home Services



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



**(562) 598-1388**

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

**www.LeisureWorldHomeSales.com**



**THE WEATHER IS NOT THE ONLY  
THING HEATING UP THIS WEEK!**

Here is a list of  
units available to-  
day!

Here at the On-Site Sales Office, our sales have been blazing hot too! Many of our listings are selling as soon as they hit the market, some with multiple offers! Here are 4 examples of units that sold in a week or less! List your home with us and we'll find you a Buyer and get it sold in a snap!



**M2-64L**



**M2-32F**



**M2-21B**



**M7-159H**

**M1-45F M8 -190I**  
**M2-9L M10-238F**  
**M2-62A M12-38D**  
**M3-16G M12-43C**  
**M5-114B M14-24H**  
**M5-108K M14-27D**  
**M7-161L M15-23K**  
**M7-165J**



**Dawn Januszka**  
Broker  
DRE #02110501



**Ginni Houck**  
Escrow Officer



**Verna Chumley**  
Realtor®



**Marsha Gerber**  
Realtor®



**John Webster**  
Realtor®



**Suzanne Fekjar**  
Realtor®



**Terri Walters**  
Realtor®



**Elana Torres**  
Realtor®



**Maryann Shaddow**  
Realtor®





**Kathy Gupton**  
Associate Broker  
DRE # 00744676

# Specializing in the LW Community

## We are **SISTERS**



**Gloria Hadley**  
Realtor®  
DRE # 01057681

**562 618-9940      562 884-3594**

### Buying or selling... *Whatever your circumstances, whatever your needs, we can help.*



**Mutual 9-222I**  
**\$257,000**

This lovely 2 bedroom 1 bath unit has a really nice greenbelt view, wrap around pebble tech patio, leaded glass entry door with patio skylight. Open floor plan, living room with smooth ceilings and crown molding. Kitchen has white cabinets, built-in electric appliances including refrigerator, cooktop and wall oven and ceiling light fixture. Bathroom with stone counter, large walk-in shower with sliding door and nice light fixture. Both bedrooms have smooth ceilings with crown molding. Other features include laminate flooring, drapes in every room, dual pane windows, heat pump and laundry is just steps from unit. This unit has an abundance of natural light, newer paint throughout. It is a must see to appreciate the upgrades!



**Mutual 2-19L**  
**\$349,900**

Fully expanded 2 bedroom, 2 bath corner home on lovely greenbelt with leaded glass entry door and patio storage. Living room is quite spacious with designated dining area with ceiling fan. Kitchen has white cabinets, counter has matching back-splash, pantry, skylight, built-in electric appliances including wall oven, stove top, microwave, dishwasher and refrigerator. Master bedroom expanded with walk-in closet and extra storage, bathroom has skylight, stone counter and bathtub with shower. The second bedroom has custom shelving and is also quite spacious, second bath is a half bath. Other features include Central Heat and Air Conditioning, dual pane windows, vertical blinds throughout, smooth ceilings, laminate floors in kitchen and baths, carpet in living area and bedrooms. This unit has a great greenbelt view and is in a desirable location.



**Mutual 12-9D**  
**\$299,000**

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 over-looks open green belt.



**Mutual 2-13F**  
**\$339,000**

Lovely partially expanded 2 bedroom, 1 bath corner unit with nice greenbelt view from patio, also patio storage, beautiful wood leaded glass entry door with sidelights. Living space is quite spacious with separate dining area. Kitchen has custom wood cabinetry with built-in electric appliances including refrigerator, wall oven, glass cooktop, microwave and complimentary backsplash, pantry with easy pullout drawers and over-sized skylight. Master bedroom has ceiling fan, 2nd bedroom has large skylight and washer/dryer in closet. Bathroom with skylight, custom wood cabinets, newer counter and walk-in shower. Other features of this home are blinds throughout, brick pavers, dual pane windows, and central heat and air. This home is definitely move in ready, so come take a look as has so much to offer and a great location.



**Mutual 1-27F**  
**\$249,900**

Charming Corner 2 Bedroom, 1 Bathroom Expanded Cottage. Featuring an inviting screened in wrap-around private patio perfect for entertaining or relaxing and enjoying the ocean breezes. This special corner home features spacious living room, kitchen with built-in stove, oven, refrigerator and skylight. Expanded Master Bedroom has walk-in closet. Bathroom has bathtub with shower and skylight. Second Bedroom overlooks screened in patio. This home also features laminate flooring throughout, window blinds, and is light bright and airy. Don't miss this lovely home that has so much potential.

Properties are selling...  
Call The **SISTERS**  
if interested in  
listing or buying



**Mutual 6-127L**  
**\$339,500**

Beautifully expanded 2 bedroom, 1 bath home. Spacious living room has bay windows, window seat, and adjoining dining area. The kitchen has white cupboards, built-in stove, oven, dishwasher, refrigerator, Corian counters, breakfast bar with added storage and large skylight that opens. Master bedroom has walk-in closet, bay windows and ceiling fan. Second Bedroom, mirrored wardrobe closet doors and ceiling fan. Bathroom has cultured marble counters, cut down shower, large skylight that opens and tile floors. The living room and bedrooms have newly installed carpeting. This lovely home also features, central heat and air, smooth ceilings and is in move-in condition. Drive up side parking



**Mutual 3-29A**  
**\$389,900**

Beautifully Expanded Corner 2 Bedroom 1 1/2 Baths with spacious corner living room and bay windows. The Kitchen has custom wood cabinets with corian counters, built-in custom appliances breakfast bar with storage, large skylight and ceiling fan. Expanded master bedroom has bay window, walk-in closet, and ceiling fan. Second bedroom has ceiling fan and 1/2 bathroom with tile floor. Master bathroom has custom cabinets, added linen closet, washer/dryer, cut down shower, skylights, and tile floor. This lovely home features double pane windows, blinds, central heat and air conditioning, smooth ceilings, carpeting, and tile entry with beautiful leaded glass door. This charming home is move-in condition and a must see.



**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 private metal awnings. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio. Other features include dual pane windows, bay windows in living room, new carpet in living area and bedrooms, 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 1-51G**  
**\$292,000**

Beautiful Corner 2 Bedroom 1 Bath fully expanded home over looks lovely expansive green belt. This lovely home has large spacious living room with bay window and dining area. Kitchen has built-in appliances and large skylight. Bathroom features walk-in closet and washer/dryer. Expanded Bedroom has walk-in closet and bay window. This home has many upgrades and is centrally located. Walk to Downtown Leisure World, swimming pool, gym, golf course, health care center and shopping center. Enjoy the view and ocean breezes.



**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.

**GIVE US  
A CALL**



**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties

**We can show ALL property in the LW community**

*Call and let us present our extensive marketing program.*

*Members of M.L.S.*

**Visit Our Website: [www.thesealbeachsisters.com](http://www.thesealbeachsisters.com)**

**13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr.)**





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



**Susie Allen**  
562-338-3833



**Robin Gray**  
562-209-5605



**Barbara Diette-Dobias**  
562-754-5628



**Kathy Guppton**  
562-618-9940



**Gloria Hadley**  
562-884-3594



**Edwina DiMario**  
562-706-7999



**Vickie Van Ert**  
310-220-1407



**Mary Chittick**  
562-882-2804



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



**(562) 594-0515**

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

**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties  
**Two-Bedrooms**

**(562) 431-2149**

13926 Seal Beach Blvd.  
Seal Beach, CA 90740



**Joanie Korman**  
714-308-8034



**Conrad Rodriguez**  
562-746-1960



**Leah Perrotti**  
310-889-6583

**Mutual 1 30L** \$198,000  
move-in condition, great location, new paint, new flooring

**Mutual 8 195C** \$199,999  
remod. potential, enclosed patio, central air and heat

**Mutual 3 28L** \$219,000  
corner unit, enclosed patio, plantation shutters, side parking, tub

**Mutual 7 175H** \$220,000  
btl. area, new lam. floors, 3 skylights, private

**Mutual 1 25L** \$225,000  
Fixer, great for remodel, good location, great price

**Mutual 6 64C** \$235,000  
full expan., faces so./east, skylights, gorgeous lam. floors

**Mutual 9 222I** \$249,000  
great unit, many amenities, you need to see this

**Mutual 1 27F** \$249,900  
screened in patio, expanded master, bright

**Mutual 15 1B** \$250,000  
2 baths, move-in condition, scraped ceilings, lam. floors

**Mutual 6 64K** \$255,000  
full expan., 2 large skylights, 2 heat pumps, btl. greenbelt

**Mutual 5 70C** \$262,500  
cent. air, 3 skylights, lam. floors, partial expan.

**Mutual 10 257D** \$265,000  
adorable cottage, remod. kit., remod. bath, dual pane, smooth ceiling

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

**Mutual 3 20D** \$277,000  
turn key, move in ready, a must see

**Mutual 12 9D** \$299,900  
washer/dryer, cent. air, double pane, trees, nice

**Mutual 2 13F** \$339,000  
btl. partial expan., cust. kit., washer/dryer, cent. air

**Mutual 6 127L** \$319,000  
btl. corner, bay windows, smooth ceiling, cent. air, nice

**Mutual 2 19L** \$349,900  
full expan., 1 1/2 baths, cent. air, smooth ceilings, greenbelt

**Mutual 15 34L** \$368,000  
2 baths, remod. kit., granite, enclosed patio, greenbelt kit.

**Mutual 9 226L** \$385,000  
Remod. corner, 2 full baths, washer/dryer, private

**Mutual 3 29A** \$389,900  
1 1/2 baths, cust. cab., cent. air, washer/dryer

**One-Bedrooms**

**Mutual 4 78K** \$159,000  
patio, 2 skylights, shows well

**Mutual 10 247I** \$169,000  
move-in condition, good location, newer lam. floors



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



**Linda Patton**  
562-522-3364



**Bill Berman**  
714-606-5258



**Hanna Rubinstein**  
562-900-4243



**Jay Cho**  
714-944-4998



**Estee Edwards**  
562-208-2540



**Philip Bak**  
213-550-9991



**Irv Hart**  
562-296-5619



**Fay Wescott**  
562 242-6162



**Tim Kearns**  
714-293-3950



**Diana Flores**  
949-212-8748



**Chris Kim**  
424-247-4542



**Gail Alonzo**  
562-673-6703

**Robin Gray & Barbara Diette-Dobias**

Your Leisure World Sales Team

Together WE Have

Over 30 Years of LW Experience

**CALL ROBIN & BARBARA**

"Double the Effort, Double the Results"



Barbara Diette-Dobias

**(562) 754-5628**

barbaradobias@gmail.com

DRE 00887640

Robin Gray

**(562) 209-5605**

rwgraysales@verizon.net

DRE 01027333

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



**Mutual 1-44-D**



**\$182,000**

One Bedroom - One Bath - on a S/E facing greenbelt setting with a tiled patio to enjoy the ocean breeze. Freshly painted throughout with a warm grey tone designer color and white kitchen and bathroom cabinets and new counters and sinks. New flooring throughout gives this home the open concept everyone loves. There are newer windows with shutters and a newer front door in the living room plus a newer slider in the bedroom. Washer/Dryer and a heat pump make this home absolutely move-in ready to enjoy all that Leisure World has to offer.



**NEW LISTING**

**Sold in One Day!**



**Mutual 12-78-D**  
**\$229,000**

Pretty courtyard view of small green from patio. Charming basic w/2 bed, 1 bath, heat-pump, washer/dryer



**LET OUR Community**  
Experience & Knowledge  
Make Your Move  
a Pleasant Event

**Mutual 10-257-D**



**\$265,000**



Convenient Drive-up! Adorable basic 2 bed, 1 bath, remodeled kitchen and bath - both with quartz counters, beautiful laminate floors, dual pane windows, tile patio with a finished side wall and stack-stone patio wall. So much to enjoy!

**Sold in One Day!**



**Mutual 6-56-C**

LOCATION - LOCATION on a FOREVER GREEN!! Darling beach cottage - 2 bed, 1 bath, expanded master bed w/a bay window and wall-in closet, central heat/air, washer dryer, dual pane windows, patio to enjoy the view and breeze ...

**Mutual 3-33-E**



**\$182,000**

ADORABLE BEACH COTTAGE on a Beautiful Green with Shade Trees! You will absolutely love the view and this home with green laminate floors, white kitchen, bath and patio skylights, heat-pump, dual pane windows/slider, glass inlaid front door and a STACKABLE-WASHER DRYER!! walking distance to Clubhouse #2, drive-up, and lots of guest parking! Ready to look - CALL US TO SEE!!

See more at [www.sealbeachleisureworld.com](http://www.sealbeachleisureworld.com)





**CAROL GASPER**  
REALTOR  
Lic# 01276484  
**562.716.1547**  
gcarol1966@gmail.com  
www.sealbeach.retirementcommunity.info




**FIRST TEAM®**  
REAL ESTATE

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


For 2020, I have a total of 64 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!

Price adjustment!




**13962 El Dorado Dr., #60G | M2 | \$460,000**  
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!

In Escrow!




**1562 Golden Rain Rd., #44G, M2, \$225,000**  
Centrally Located, Basic 2 Bedroom, 2 Bath. Walk to All Amenities. Lrg. Private Patio Surrounded by Greenery, 2 Skylights, Expanded Bedroom to Include Desk Nook. New Golden Oak Flooring.

Price adjustment!




**13922 El Dorado Dr., #58D | M2 | \$239,000**  
Drive Up Location. 2 Bedroom, 1 Bath Unit. Partially Enclosed Patio with Extra Storage, Large Skylight on Patio, Kitchen and Bathroom. Wood Flooring, Expanded Master Bedroom, WASHER/DRYER.

←




**1120 Northwood Rd #186L | M8 | \$264,000**  
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.

In Escrow!




**1382 El Dorado Dr #10A | M3 | \$289,900**  
Fully Expanded 2 Master Bdrms, 1 Bth. Additional room added and could be used as a Third Bdrm or Office. Brand New Vinyl Flooring Throughout, Freshly Painted, New Baseboards. Greenbelt Location.


In Escrow!




**13840 Canoe Brook #6L | M3 | \$210,000**  
Corner Location! 2 Bedroom, 2 Bath, New Carpet in Bedroom, Laminate and Ceramic Tile Flooring. Close to Laundry and Parking.



**1520 Northwood #244J | M10 | \$224,500**  
Drive Up Location. 2 Bedroom, 1 Bath. Both Bedrooms have been expanded. Extra Large Walk-In/Storage Closet. Vinyl Flooring, 4 Skylights.



**1671 Interlachen Rd., #285i | M 11 | \$385,000**  
One Of a Kind, Completely Remodeled 2 Bedroom, 1 1/2 Bath. New Vinyl Flooring, Quartz Countertops, Central A/C Heat, Washer/Dryer, Dual Pane Windows, Smooth Ceilings, Cam Lights. Parking Spot Close by.



**1700 Tam O'Shanter #2J | M14 | \$445,000**  
Fully Remodeled. 2 Bedroom, 2 Full Bath. Wood Flooring, Central AC/Heat, Full Size Washer/Dryer. Stainless Steel Appliances. Granite Countertops. Custom Cherry Wood Cabinets.

On September 8th, 2020 a total of 66 units show as active listings on the CRMLS (this is where Realtors list property for sale).

8-1 bedroom/1 bath  
from \$159,000 to \$190,000

32 - 2 bedrooms/1 bath  
from \$189,000 to \$379,000

26- 2 bedrooms/2 baths  
from \$225,000 to \$549,000

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!

"Carol is the absolute best! She knows Leisure World, the market, and how to help sellers get their units sold. From the very beginning Carol impressed us with her preparation, attention to detail, superb customer service, and follow-up. Anyone wanting the best should call Carol. Thank you Carol for helping us and doing such a great job from beginning to end."

-Rod & Brian

