



## December Birthdays

William Fox  
 Diane Marquard  
 William Ziegler  
 Yen Hsu  
 Ila Archer  
 Mary Roth  
 Fred Brandt  
 Diane Zahn  
 Angelina Demitragos  
 Ralph Ransom  
 Lois Prall  
 Lois Reichert  
 William Schloeder  
 Yoshiaki Tanaka  
 Gale Stoikes  
 Howard Bailey  
 Richard Templeton  
 Ray Lubeck  
 Kimiko Littlefield  
 Naomi Torchin  
 Joan Stocker  
 Manuel Valverde  
 Mary Herman  
 Joan Krupczak  
 Gene Wilson  
 Harold Corp  
 Richard Dill  
 Sue Hooten  
 John Avellino  
 Betty Alspaugh  
 Susan Pliner  
 Irene Bauer  
 Eva Latz  
 Maria Avellino  
 Charlene Kane  
 Ruth Sammons  
 Karen Cunningham  
 Joseph Mulcahy  
 Dirk DeWinter  
 David Gillispie  
 Charles Carpenter  
 Nancy Lekus  
 Jesus Ochoa  
 Rose Bagaybagayan  
 Christine Brown  
 Sandra Honor  
 Carmen Roush  
 Patricia Hardy  
 Joseph Lawless Jr.  
 Steven Humphrey  
 Lori Wells  
 Janice Oconnor  
 William Porter  
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# HEALTHY NEWS

## Let Vitamin D Improve your Heart and Sex Life

Erectile dysfunction (ED) isn't something that men and women usually talk about at dinner parties or on soccer game sidelines, unless it's the punch line of a joke or mentioned with a snicker. But it is a problem that affects 40% of men by age 40 and 70% of men by age 70, so odds are pretty good that many people around the table or soccer field are intimately aware of how upsetting this condition can be.

Sex is far from trivial, but many people think of ED as "just" a bedroom problem. Not so. We now know that it can be an indicator of a major cardiovascular problem. And we also now know that the solution could be as simple as taking a certain vitamin—vitamin D. Here's why...

### **Common Problem, Easy Fix?**

Lots of things can cause ED, including anxiety or other psychological issues, hormone imbalances, or anything that gets in the way of blood flowing. Medication, diabetes or blood-vessel malfunctions all have been implicated in ED. More times than not, though, the culprit is atherosclerosis—the buildup of plaque inside a blood vessel. You already know that plaque can lead to catastrophic events, such as heart attacks and stroke—well, it can also cause an ongoing malfunction, such as ED.

Several studies have shown that people with more plaque in their coronary arteries tend to have less vitamin D in their blood. Since the inside of blood vessels is lined with cells that bind to vitamin D, scientists have theorized that vitamin D helps protect against plaque buildup and promote blood vessel function.

### **Measuring Up**

Vitamin D deficiency is a major problem in America and in northern latitudes in general because people living in these areas do not absorb enough from sunshine—the main natural source of vitamin D. Diet is not a main source of vitamin D, which is mostly gotten from vitamin D-enriched foods, such as breakfast cereals and dairy products, and fatty fish, such as salmon, tuna and mackerel. So, what to do about it? For better cardiovascular health and a better sex life, men should be sure to get their vitamin D levels checked when they go in for physicals and consider vitamin D supplementation if their D levels are low.



## Change Your Supplement to Plan N

For those on plan F that wanted to change to Plan N for the first of the year, now is the time of the year to make the change. Call customer service at 1-866-387-7550 and tell them to start plan N on January 1st.

The biggest difference between the two plans besides plan N having a lower premium is the \$20 co-pay per office visit and a \$147 annual deductible. Unless you go to the doctor 22 times a year or more, plan N will generally save you money.



# December Funnies (Please don't read if you're easily offended)

## At The Police Station Reporting a Lost Wife

Husband : I've lost my wife, she went shopping yesterday and has still not come home.

Sergeant : What is her height ?

Husband : Oh, 5 something . . .

Sergeant :Build?

Husband : Not slim, not really fat.

Sergeant : Color of eyes?

Husband : Never noticed.

Sergeant : Color of hair?

Husband : Changes according to season.

Sergeant : What was she wearing?

Husband : Dress/suit/blue jeans -- I don't remember exactly.

Sergeant : Did she go in a car?

Husband : yes.

Sergeant : What kind of car was it?

Husband : 2015 Corvette Stingray 3LT with the Z51 Performance Package, shark gray metallic paint, with the 6.2 litre V8 engine with Direct Injection generating 460 HP. 8-speed paddle-shift automatic transmission, and GT bucket seats, and has a very thin scratch on the front left door..... at this point the husband started crying...

Sergeant : Don't worry sir..... We'll find your car.



## Birthdays continued:

- Marion Goodhart
- Donna Wiens
- Liselotte Geist
- Pamela Smith
- Lynn Johnson
- Albert Hoffman
- Charles Hewitt
- Sharon Ruth
- Phuong Storck
- Jill Stock
- Peter Hillebrecht
- Jack Bookout
- Yvonne Kapelczak
- Cristina Hahn
- Thomas Shea
- Kenneth Schafer
- Zory Oquendo
- Joan Halpern
- Janis Nilsen
- Barbara Shannon
- Deborah Steingraber
- Lupita Gill
- Carol Wall
- Jackie Keck

## The 90+ Club Members For December

- Angeline Demitrakos 96
- William Fox 95
- Ralph Ransom 94
- Mary Smiley 91
- Lois Prall 90
- Lois Reichert 90
- Lilo Geist 90
- Albert Hoffman 90

## Happy Birthday and congratulations !

That's what clean living and reading Healthy News will do for you.

BILL ABBOTT



"I figured you should have breakfast in bed on your birthday. Can you reach the stove okay?"

## Men's Ultimate Fantasy

In a recent On-line poll 38,562 men across the US were asked to identify a woman's ultimate fantasy. 98.8% of the respondents said that a woman's ultimate fantasy is to have two men at once.

While this has been verified by a recent sociological study, it appears that most men do not realize that in this fantasy, one man is cooking and the other is cleaning.

## Flying His Kite

A husband in his back yard is trying to fly a kite. He throws the kite up in the air, the wind catches it for a few seconds, then it comes crashing back down to earth. He tries this a few more times with no success. All the while, his wife is watching from the kitchen

window, muttering to herself how men need to be told how to do everything. She opens the window and yells to her husband, "You need a piece of tail." The man turns with a confused look on his face and says, "Make up your mind. Last night, you told me to go fly a kite."

## Suspicious Wife

A woman was sure that her husband was cheating on her, and having an affair with the Maid. So she laid down a trap. One evening she suddenly sent the maid home for the weekend & didn't tell the husband. That night when they went to bed, the husband gave the old story: "Excuse me my dear, my stomach aches", and went to the bathroom.

The wife promptly went into the Maid's bed. She switched the lights off. When he came in silently, he wasted no time or words but had his way with her.... When he finished and was still panting, the wife said: "You didn't expect to find me in this bed, did you?" And then she switched on the light... "No madam", said the Gardener...

The Department of Veterans Affairs (VA), as part of its health care program, may provide long-term care benefits and services for service-related disabilities or to certain eligible veterans. In addition to health care, VA benefits include a Housebound and Aid and Attendance Allowance Program that provides cash benefits to eligible disabled veterans and surviving spouses to get homemaker, personal care, and other services needed for help at home. For more information, visit the VA website, or call 1-800-827-1000.

## Do You Need Short Term Health Insurance to Get You to 65?

What is short-term medical insurance?

Short-term medical insurance offers a solution to individuals in need of temporary medical coverage. This short-term medical insurance policy protects against unforeseen accidents and sicknesses, appropriate for individuals between jobs, students, new employees, waiting for Medicare coverage to begin, or any eligible person who is temporarily without health insurance coverage. Coverage is available for periods of up to 6 months in California. Your coverage can start tomorrow! If you submit your application and credit card payment today by Internet, fax or e-mail, coverage will begin tomorrow. Otherwise, your coverage will begin on the day following the date they receive your completed application and payment or on the date you requested on the application, whichever is later. For additional info, go to [www.bridlewoodinsurance.com](http://www.bridlewoodinsurance.com) and click **Products** and then **Short Term Insurance** or call Jeff at 877-267-5514 for additional info.



## Is It Safe to Get Vaccinated at a Drugstore?

Vaccines such as the shingles vaccine and the flu shot are offered at drugstores, big-box stores like Costco, workplaces and even drive-through locations where you get a shot without leaving your car. No prescription is necessary, and these sites are as safe as physicians' offices. They obtain their vaccines from the same sources. Needles are prepackaged and sterile. Shots are delivered by trained personnel. Advantages to alternative sites: If you pay out-of-pocket, you are likely to pay less than at a doctor's office. Hours are more convenient, and often appointments are not needed—though there may be less of a wait if you preregister at the store's Web site.

### When you might want to go to a doctor's office:

If you are prone to fainting or feel otherwise highly stressed about getting a shot...or if you have never had a particular type of vaccine before and might be allergic, you might want to get the vaccination at a doctor's office in case some other treatment is needed. Caution: Always ask your physician whether you have any health issues that make vaccination inadvisable.

## Shingles Vaccines are \$95 at Costco. Make that Your Holiday Gift to Yourself.

## Healthy News December Referral Tree

I wanted to thank those that thought enough of me to refer their friends and family. It didn't seem enough to just say "thanks" so the Referral Tree is my way to properly thank those responsible.

**Paula Yellem** referred **Carole Cavanaugh**

**Whitney Walter Mesaros** referred **Velma Carter**

**Mary King** referred **Mike & Janet Chillinsky**

As a **Token of my Appreciation** to those that are out promoting and referring new members to me, for the month of November, a **Starbucks Gift Card** will be my 'thanks' to you. This year I ask that each of you think of that one person you know, that needs help with their Medicare insurance. I'm looking for the folks that are going to turn 65 in 2014 or 2015, those that are on other Medicare plans in San Diego, and those that are on Medicare but don't have any idea what kind of plan they have, or who their agent is. Let's get them enrolled with Bridlewood Insurance and **Let's Help As Many As We Can !!**



About 36 million Americans suffer from hearing loss—but only one in five people who would benefit from a hearing aid actually wears one. How does untreated hearing loss affect the sufferer's loved ones? Over time, it can seriously strain—even destroy—a marriage or parent-child relationship due, for example, to misunderstandings and frayed nerves in the person who must constantly repeat himself/herself. Fortunately, you can motivate your loved one to take action...

## **MORE THAN JUST HEARING LOSS**

Understanding the full extent to which hearing loss impacts your loved one will strengthen your resolve to motivate him to get treatment. The psychological effects are huge. People with untreated hearing loss tend to become withdrawn and are significantly more prone to depression and anxiety than those with adequate hearing. Anger, confusion, discouragement, loss of self-esteem and shame often occur as well.

Important recent discovery: Researchers at Johns Hopkins University and the National Institute on Aging found that even mild hearing loss was associated with twice the risk for dementia, while people with severe hearing loss were five times more likely to develop the condition—a link that gives sufferers yet another reason to consider getting hearing aids.

## **BREAKING THROUGH DENIAL**

More than two-thirds of people who refuse hearing aids do so because they think “my hearing isn't bad enough,” according to research conducted by the National Council on Aging. It is also easy for the person with hearing loss to blame other people (“you're just mumbling”).

The most direct way to respond to this situation is to use “tough love.” This means that you must stop being your loved one's ears. Take sensible steps to optimize communication—for example, speak clearly and face to face, not from another room. However, do not repeat yourself every time your loved one asks what you said and don't shout yourself hoarse just so he can hear. If you stop filling in the information that your loved one isn't hearing, he will be more likely to get treated.

## **HERE IS YOUR ANSWER**

Looking for a great gift for your loved one? Pick up the phone and call North County Audiology at 858-674-1910 and set an appointment. Tell Dr. Ken Podlenski you are a Bridlewood Insurance member and you saw his ad in the Bridlewood Senior Magazine. (Inside cover) The high quality hearing aids are specially priced (Under \$500 per) and come with a free 60 day money back guarantee if they don't work out. Make the call today and you can thank me later for a gift that will keep on giving!

## **Personal Notes:** The Holidays are Here!

I just don't get the price of plane tickets. Gas prices are at the lowest price in several years, and yet the airlines just continue to gouge us with exorbitant fares. This year the family wants to fly to Minnesota for Christmas. Really?!?! Minnesota, in the dead of winter? Why would anybody want to fly to Minnesota, on purpose, in the middle of winter, the home to every cold and flu bug known to man? The best part is, the airlines are charging an arm and a leg to get to Minneapolis and back, and for what?! So we get to spend the month of January trying to recover from all the viruses we catch? Hey, I've got an idea, how about all the relatives from Minnesota come to California for the holidays? What a novel idea. Just think, you could go for walks without catching frostbite, swim in water that's not frozen and even sit outside without first putting on a parka and snowboots. Nope, can't do that.... “It just doesn't seem like Christmas without the snow!” Well, there's nothing like a hacking cough and a good case of the chills to get me into the holiday spirit! I wonder if any of those rubber Ebola suits are available on Amazon? I think I'll ask for one for Christmas. Happy Holidays to you and your family! **Thank You, God Bless you, and enjoy your family and friends over the holidays!**

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