



February Birthdays

Janice Rudgers
John Wood
William Berwick
Robert Bowman
Robert Yellam
Betty Burkey
Lois Novitz
Brian Simms
Howard Bossert
Lynn Tobin
Judy Barnes
Joe Archer
Juana Dominguez
Randy Franks
Peggy Connolly
William Somerville
Turan Salimi
Dennis Dorn
John Carston
Laurette McAnaney
Melvin Hammer
Lee Hofacre
Catherine Cockerton
Norman Morris
Loretta Tobin
Walter Marcus
Lois Griffith
Satoko Mitasky
Irene Cannizzaro
Anne Konrad
John Brown
Shirley Whetzel
Elsie Shimamoto
Maria Becker
Leona Dornan
Roberta White
Joyce Bruun
Gay Hutchinson
Robert Pliner
Monique Nguyen
Robert Alspaugh
Peter Suffredini
Ruth Delapena
Jim Leech
Lynne McLaughlin
Lyle Jorgensen
Mary Portanova
Louis Failla
Diana Wilson
Betty Mahlman
Jim Stengel
Thomas Dalbey
Carmen Saunders
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HEALTHY NEWS

5 SIGNS YOU NEED IN-HOME CARE

If you are like most people, you want to remain independent and continue to live at home. With some help, most people can. In fact, getting help often increases your options for staying independent. Hiring someone you know to do tasks around the house, run errands, take you to doctor's appointments, or even help with personal care can have many positive advantages. It can also bring certain challenges. Families come with past history, roles, and other family members may have their own opinions and expectations. The following are 5 practical signs that it's time to hire a caregiver:

- 1. Driving Assistance.** With any recent fender-benders or changes in vision or hearing, it may be much safer to allow a Caregiver to drive for you for errands and appointments.
- 2. Concerned about Spouse.** When a spouse is physically or cognitively frail, research demonstrates the best thing you can do for your love is to take care of yourself--to give yourself a break.
- 3. Surgery or Rehab.** Not only can a Caregiver temporarily assist with tasks while you are recovering, but they can also help you to safely stay on track with rehabilitation exercises.
- 4. Activities of Daily Living.** Although home care assists with all ADL's, the most common is cooking (to also eat healthier!) as well as bathing (to minimize risk of falls).
- 5. Dissatisfied with Existing Care.** Would you hire your gardener to prepare your taxes? Whether for reliability or expertise, wise consumers engage professional Caregiving providers, understanding the true value and benefits.

In-home care may be more appropriate and affordable than you think. I recommend a company called Coast Care Partners. They deliver uncompromising service and when you call, you will speak with a responsive and accountable expert. Call today to set up your complimentary, pressure-free, in-home consultation and tell them **Healthy News** sent you.

Call (619) 354-2544





February Funnies

(Warning, please don't read if you are easily offended)

A married man was having an affair with his secretary. One day they went her place and made love all afternoon. Exhausted, they fell asleep and woke up at 8 PM. The man hurriedly dressed and told his lover to take his shoes outside and rub them in the grass and dirt. He put on his shoes and drove home. "Where have you been?" his wife demanded.

"I can't lie to you," he replied, "I'm having an affair with my secretary. We had sex all afternoon." "You lying bastard!" his wife said, "You've been playing golf!"



A middle-aged couple had two beautiful daughters but always talked about having a son. They decided to try one last time for the son they always wanted. The wife got pregnant and delivered a healthy baby boy. The joyful father rushed to the nursery to see his new son. He was horrified at the ugliest child he had ever seen. He told his wife, "There's no way I can be the father of this baby. Look at the two beautiful daughters I fathered! Have you been fooling around behind my back?" The wife smiled sweetly and replied, "Not this time!"

Frank and his buddies were hanging out and planning a 5-day golf trip. Unfortunately, he had to tell them that he couldn't go because his wife wouldn't let him. After a lot of teasing and name calling, Frank headed home totally frustrated. The following week when Frank's buddies arrived at the golf resort, they were shocked to see Frank sitting in the lobby, drinking a beer, holding his putter! "How did you talk your wife into letting you go, Frank?" "I didn't have to," Frank replied. "Last I night I slumped down in my chair with a beer to drown my sorrows. Then, my wife snuck up behind me and covered my eyes and said, 'Surprise.' When I peeled her hands back, she was standing there in a beautiful see-through negligee and said, "Carry me into the bedroom and tie me to the bed, and you can do whatever you want"

Last week, to get into the sprit of the upcoming Olympics, Bill stopped by a local gift shop in order to purchase some official Olympic souvenirs. The one item that really caught his eye was a pack of Olympic condoms. When Bill arrived home, he showed them to his girlfriend.

"Olympic condoms?!" She said, "What is so special about them?" Bill replied: "Well, they come in three colors: Gold, Silver and Bronze." "So, which one are you going to wear tonight?" she asks cheekily. "The gold one of course," Bill said proudly. She replied gently: "Why don't you put the silver one on? It would be nice if you came in second for a change."

**IF MEN HAD PERIODS THEY
WOULD BRAG ABOUT THE
SIZE OF THEIR TAMPONS**



Birthdays Cont:

Mary Martin
Michael Barker
Lorraine Macuse
Anita Frank
Joyce Hooks
Thomas Williams
Zohreh Zarrin
Willie Howard
Betty Grothen
Amador Garcia
Roberta Martin
James Click
Merrill Engebretsen
Neal Harris
Art Pugel
Alan Hopkins
Joseph Chao
Gene McCluan
Karen Resch
Marilu Adams
Mildred Roland
Ruby Wiens
Merle Baker
Lorraine Lind
Carole Crawford
Patricia Horndorf
Jim Hardison
Toni Stull

Congratulations to the 90 + Club

Warren DeLancy 92
Yetta Rubenstein 92
Ellinor Austin 91
Gloria Ginese 90
William Crouch 90

**Happy
Birthday to all
our February
Healthy News
Members
I hope you
make it a
Special Day.**

Healthy News Trivia About Money

1. What denominations of bills were first printed in the U.S.?
2. How long does paper money generally last in circulation?
3. How much does \$1 million dollars of \$1 bills weigh?
4. If you had 10 billion \$1 notes and spent one every second of every day, how long would it take before you go broke?
5. What time is it on the Independence Hall clock on the back of the \$100 bill?

—The answers on bottom of page 3

Healthy News February 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 thank those responsible, properly.



Mike Amarillas referred **Larry and Nancy Waller**

Helene Freemon referred **Ed & Yvonne Kapelczak** and **Roger Perrine**

Chris Tatum referred **Rita Coronado**

Frank Wallace referred **Livia Norman**

Sharon Young referred **Carmelita Sydow**

Ann Willis referred **Thomas and Lucille Dalbey**

Giving a referral is the greatest compliment you can give. It allows me the opportunity to help someone that I may have never met without you. Thank You So Much !! I promise to deliver them the best service I can provide and make you proud.

Quote of the Month

"I think it's just terrible and disgusting how everyone has treated Lance Armstrong, especially after what he achieved winning seven Tour de France races while on drugs. When I was on drugs, I couldn't even find my bike"...

—Willie Nelson

Trivia Answers:

1. The U.S. Department of the Treasury first issued paper U.S. currency in 1862 to make up for the shortage of coins and to finance the Civil War. The first paper notes were printed in denominations of 1 cent, 5 cents, 25 cents, and 50 cents.
2. That depends on the denomination of the note. A \$1 bill lasts 18 months; \$5 bill, two years; \$10 bill, three years; \$20 bill, four years; and \$50 and \$100 bills, nine years. Bills that get worn out from everyday use are taken out of circulation and replaced.
3. Since there are 490 notes in a pound, by using \$1 bills it would weigh 2,040.8 pounds, but if you used \$100 bills it would weigh only 20.4 pounds.
4. It would require 317 years for you to go broke.
5. Though it is difficult to tell without a magnifying glass, the hands of the clock in the steeple of Independence Hall are set at approximately 4:10.

Do You Qualify For Low Income ?

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How to Qualify For Low Income Subsidy

Low income subsidy is a federal subsidy program that helps low-income Medicare-eligible consumers save money on their prescription costs. The program is administered by the Social Security Administration which determines consumers qualifications and eligibility levels.

To see if you qualify for LIS, your 2013 Yearly Gross income needs to be under \$17,235 or \$1,436.25 monthly for Individuals and under \$23,265 or \$1,938.75 monthly for married couple.

Your combined savings, investments, and real estate are not worth more than \$26,580, if you are married and living with your spouse, or \$13,300 if you are not currently married or not living with your spouse. (Do NOT count your home, vehicles, personal possessions, life insurance, burial plots, irrevocable burial contracts or back payments from Social Security or SSI.) If you have more than those amounts, you may not qualify for the extra help. Additional information can be found at www.socialsecurity.gov/prescriptionhelp

Or call **Social Security at 1-800-772-1213**

Trip To Rome

A woman was at her hairdresser's getting her hair styled for a trip to Rome with her husband.. She mentioned the trip to the hairdresser, who responded:

"Rome ? Why would anyone want to go there? It's crowded and dirty. You're crazy to go to Rome . So, how are you getting there?" "We're taking Continental," was the reply. "We got a great rate!" "Continental?" exclaimed the hairdresser.." That's a terrible airline. Their planes are old, their flight attendants are ugly, and they're always late. So, where are you staying in Rome ?" "We'll be at this exclusive little place over on Rome's Tiber River called Teste." "Don't go any further. I know that place. Everybody thinks its gonna be something special and exclusive, but it's really a dump." "We're going to go to see the Vatican and maybe get to see the Pope." "That's rich," laughed the hairdresser. You and a million other people trying to see him. He'll look the size of an ant. Boy, good luck on this lousy trip of yours. You're going to need it." A month later, the woman again came in for a hairdo. The hairdresser asked her about her trip to Rome . "It was wonderful," explained the woman, "not only were we on time in one of Continental's brand new planes, but it was overbooked, and they bumped us up to first class.. The food and wine were wonderful, and I had a handsome 28-year-old steward who waited on me hand and foot. And the hotel was great! They'd just finished a \$5 million remodeling job, and now it's a jewel, the finest hotel in the city. They, too, were overbooked, so they apologized and gave us their owner's suite at no extra charge!" "Well," muttered the hairdresser, "that's all well and good, but I know you didn't get to see the Pope.""

Actually, we were quite lucky, because as we toured the Vatican, a Swiss Guard tapped me on the shoulder, and explained that the Pope likes to meet some of the visitors, and if I'd be so kind as to step into his private room and wait, the Pope would personally greet me. Sure enough, five minutes later, the Pope walked through the door and shook my hand! I knelt down and he spoke a few words to me." "Oh, really! What'd he say ?" He said: "Who the heck screwed up your hair?"



Personal Notes:

Was it me or did the month of January just fly by? I think people are just glad to have the holidays, and all the stress that comes along with them, behind us. As I flip the calendar to February I see someone has already drawn a big heart around my birthday on the 24th. I appreciate the sweet gesture but groan to think another year has ticked away. There must be some positives in getting older, right? Like taking a nap at any time, becomes acceptable. How about Senior discounts on almost everything? Cheaper car insurance? Free bus passes? And I always eat my dessert first... Why you ask? Because I can! I'm the man of the house! I'm the king of my castle, and at my age, who's going to tell me any different. (Unless my wife says no, then I can't!)

Jeff Wetzel

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