



January Birthdays

Andrew Dutenhoeffer
 Marion Patterson
 Jean Caswell
 Hal Ballon
 Helen Jansen
 Oriela Ballon
 Carol Kurzweil
 Virginia Maczko
 Donald Nergarian
 Mark Johnson
 Gerald Alcorn Jr
 Ethel Peckham
 Audra Redman
 Genevieve Bredesen
 Phyllis Cerise
 Anna Frost
 Edwin Weaver
 Elizabeth Schock
 Elsie Speck
 Helen Cox
 Agnes Kampf
 Marion Gilbert
 Barbara Marcus
 Bettye Outcault
 Alethea Altenbern
 Claire Nelson
 Fred Stocker
 Jose Padilla
 Charlotte Alcorn
 Mary Waldron
 Robert McHose
 Sally Lindsay
 Marilyn Applegate
 John Trochta
 Larry Wilson
 Dorothy Gleason
 Patty Mayfield
 James Ploudre
 Ibrahim Kulauzovic
 Anne Latulippe
 Calvin McGaugh
 Catherine Parks
 Florentino Nacu
 Sharon Prince
 Rosemarie Chabot
 Terry Grimes
 Leslie Gardner
 Bob Poulsen
 Linda Cohen
 Lydia Persails
 Elaine Powell
 Suzanne Schulte
 Annie Aguilar
Cont. Page 2

HEALTHY NEWS

Do You Have Your 2015 Checklist Ready ?

Welcome to 2015 and with that, here are some ideas you should have on your list.

1. Plan for Social Security -changes: On January 1, 2015, benefits increase by 1.7% to a maximum of \$2,663 each month. **The part B premium for Medicare will remain the same at \$104.90 as it has been the past two years.**

Hearing Aids: If you've been putting off getting that hearing aid, now is a good time to make it happen. Dr. Podlenski at North County Audiology is telling me the hearing aids he has available to Healthy News readers are going up in price. As of Feb 1st 2015, the price will jump from \$475 to \$575. **Make your appointment with North County Audiology now and beat the rush 858-674-1910.**

Get Your Flu Shot Now (if you haven't already): Activity usually peaks in February—and it takes about two weeks to develop protective antibodies. Call your doctors office and find out where you can get your free shot. This is a covered benefit under your Medicare plan.

Shingles Shot: The best way to avoid getting shingles (and its complications): Get vaccinated. For people age 60 and older, the onetime vaccination reduces the risk of getting shingles by half and reduces the chance of the persistent pain of PHN by two-thirds. It is even more effective in adults ages 50 to 60, reducing shingles risk by 70%.

Even so, a sobering new study shows that less than 7% of adults who are eligible for the shingles vaccine have received it—even though it has no major side effects. The shot is covered as a tier 4 level medicine and your co-pay is \$95. **Contact your doctors office or simply go to the pharmacy at Costco and get it done.**

SilverSneakers.com Get that body moving! Whether you go to the gym, or exercise at home, do what you can to keep exercising. Many Medicare plans have a gym membership included and with others it's a simple small co-pay per month. Set a plan, write it down and make it happen.

Is High Blood Pressure Medicine Giving you High Blood Pressure?

Has a doctor prescribed a high blood pressure medication and you're shocked to learn your blood pressure actually increased when you returned to your doctor's office a few months later?

This happens to lots of patients on high blood pressure medication. Until now, doctors assumed it was caused by patients failing to take their medication correctly. Now a new study proves it's actually caused by doctors giving patients the wrong medication!

The culprit is a little-known blood pressure-controlling enzyme called renin. Renin regulates blood volume and vascular resistance. And having too much renin in your blood is one cause of high blood pressure.

The problem is that not all patients with high blood pressure have high levels of renin in their blood. Some have low levels. And if you're one of the patients with low renin levels, a new study shows taking certain commonly prescribed blood pressure medications could actually increase your blood pressure by 10 points or more!



High Blood Pressure Continues on Page 3



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

Last Day On The Job

It was the mailman's last day on the job after carrying the mail through all kinds of weather to the same neighborhood. When he arrived at the first house on his route he was greeted by the whole family there, who congratulated him and sent him on his way with a big gift envelope. At the second house they presented him with a box of fine cigars.

The folks at the third house handed him a selection of terrific fishing lures.

At the fourth house he was met at the door by a strikingly beautiful woman in a revealing negligee. She took him by the hand, gently led him through the door and led him up the stairs where to the bedroom where she made mad passionate love to him. We he had enough they went downstairs, where she fixed him a giant breakfast: eggs, potatoes, ham, blueberry waffles and fresh-squeezed orange juice.

When he was truly satisfied she poured him a cup of steaming coffee. As she was pouring, he noticed a dollar bill sitting just to the right of his cup. "All this was just too wonderful for words," he said, "but what's the dollar for?" "Well," she said, "last night, I told my husband that today would be your last day, and that we should do something special for you. I asked him what to give you." He said, "Screw him, give him a dollar." The lady then said, "The breakfast was my idea."

Birds and the Bees

A little girl runs out to the backyard where her father is working, and asks him, "Daddy, what's sex?" Her father sits her down, and tells her all about the birds and the bees. He tells her about conception, sexual intercourse, sperms and eggs.

He goes on to tell her about puberty, menstruation, ...and he thinks, what the heck, and goes on to tell her the works. He covers a wide and varied assortment of sub topics and by the time he's finished, his daughter is somewhat awestruck with this sudden influx of bizarre new knowledge. Her father finally asks: "So what did you want to know about sex for?" "Oh, mommy said to tell you lunch would be ready in a couple of secs..."

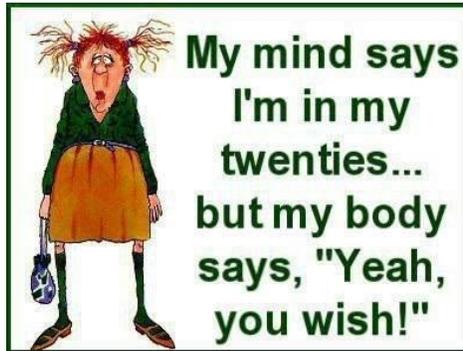
Only a Golfer Can Do It

After a particularly poor game of golf, a popular club member skipped the clubhouse and started to go home. As he was walking to the parking lot to get his car, a policeman stopped him and asked, "Did you tee off on the sixteenth hole about twenty minutes ago?"

"Yes," the golfer responded. "Did you happen to hook your ball so that it went over the trees and off the course?" "Yes, I did. How did you know?" he asked.

"Well," said the policeman very seriously, "Your ball flew out onto the highway and crashed through a driver's windshield. The car went out of control, crashing into five other cars and a fire truck. The fire truck couldn't make it to the fire, and the building burned down. So, what are you going to do about it?"

The golfer thought it over carefully and responded, "I think I'll close my stance a little bit, tighten my grip and lower my right thumb."



Birthdays continued:

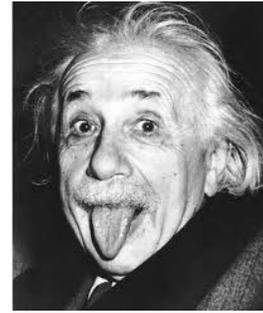
- Peggy Poulsen
- Terrie Jacobsen
- Tom Gilmore
- Jean Mcneese
- John Hoffman
- Arnold Lind
- Katherine Thornton
- Mary Koester
- Karin Hellebrect
- Linda Brown
- Kathy MacIntyre
- Rosa Rivera
- Iris Fridrichsons
- Eleanor Smith
- Jonathan Braun
- Charlene Perrine
- Jack Cohen
- Marjorie Brandt
- Florence Logsdon
- Virginia Leak
- Donna Maccini
- Don Trammel
- Velma Carter
- Michael Chillinsky
- Meridee Katz
- Mario Orlando
- Richard Hilton

The 90+ Club Members For January

- Audra Redman 98
- Marion Patterson 95
- Genevieve Bredesen 93
- Phyllis Cerise 93
- Jean Caswell 91
- Anna Frost 91
- Edwin Weaver 91
- Elizabeth Schock 91
- Elsie Speck 90

Have a great and Happy Birthday !!

Are You Smarter Than a 5th Grader



1. What are two cabinet-level positions?

- A. Secretary of Homeland Security and Secretary of the Treasury
- B. Secretary of the Interior and Secretary of History
- C. Secretary of Weather and Secretary of Energy
- D. Secretary of Health and Human Services and Secretary of the Navy

2. Who signs bills to become laws?

- A. Chief Justice of the Supreme Court
- B. Secretary of State
- C. Vice President
- D. President

3. What do we call the first 10 amendments of the Constitution?

- A. Articles of Confederation
- B. Inalienable rights
- C. Bill of Rights
- D. Declaration of Independence

4. Approximately how far is it from New York City to London?

- A. 1,000 miles
- B. 10,000 miles
- C. 5,000 miles
- D. 3,000 miles

5. If both the President and the Vice President can no longer serve, who becomes President?

- A. Speaker of the House
- B. Secretary of the Treasury
- C. President Pro Tempore
- D. Secretary of State

Answers are on the bottom of page 4



5 Cups of Coffee a Day Can Be Good for You!

It lowers blood pressure, prevents diabetes and may even fight skin cancer.

Even coffee drinkers find it hard to believe that their favorite pick-me-up is healthful, but it seems to be true. People who drink coffee regularly are less likely to have a stroke or get diabetes or Parkinson's disease than those who don't drink it. There's

even some evidence that coffee can help prevent cancer, although the link between coffee and various cancers is preliminary and still being investigated.

High Blood Pressure Continues from page 1:

The good news is scientists have now developed a simple test that measures your renin levels. So if you're taking medication and your blood pressure hasn't gone down, or worse—if it has actually gone up—ask your doctor to test your renin levels immediately. The problem could be your medication!

Healthy News January 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.

Helene Freemon referred **Jenifer Robison**

Pat Allen referred **Sandra Borbolla**

Barbara Conley referred **Holly Franklin**

Mary Rubalcava referred **Manuel Rubalcava**



Ok, I missed a bunch this month. The list I used to keep track of everyone grew legs and walked off. Please email or call me to let me know who referred who so I can send you your Starbucks card.

Also, all referrals for 2015 will be listed in the **Bridlewood Senior Magazine upcoming edition**. It will take 3 or more referrals to qualify for the Gold Team. Two referrals qualify you for the Silver and just helping out one person will still make it on the Bronze team. I thank you for your trust in allowing me to help your friends and family. Just because I'm running Bridlewood doesn't mean I'm giving up as your agent of record. If I signed you up, you're still stuck with me !



Let's get Physical in 2015 With ProActive!

Physical Therapy – It's not just for when you get hurt - it can help prevent it too!

How many times have you said "I'm going to get in shape this year" or "If I wasn't in pain or discomfort I'd be doing some exercising." Well, I think we have all said something like that more times than we can remember and here are some tips from our friends at **ProActive Physical Therapy and Sports Medicine** to feeling and looking better this year. What is physical therapy? It is used to develop, maintain and restore maximum movement and functional ability throughout our lifespan.

Here are some basic good steps to do every day: 1. Stretch your muscles and bones 2. Get moving around more 3. Drink more water 4. Turn off the TV and exercise the brain with reading, crosswords,

Sudoku and more. OK, now that you have that covered, the next two things most individuals want are better Balance and Strength. Both of these combined can help in many ways, especially in preventing falls. At **ProActive** they offer a **Complimentary Personalized Screening** to help provide a path for a more functional, stronger and balanced YOU – through teaching body education and proper movements.

ProActive takes a hands on personal approach with their clients and has locations in Vista, Carlsbad, Rancho Bernardo and some even have Aquatic Therapy. Call **Stephanie Gisbert at 858-381-5084** or visit www.proactive4pt.com and tell them Bridlewood sent you!

This Mechanic You Can Trust Sent in by Don Clugston

Hi Jeff,

You have been collecting and distributing recommendations on various businesses based on your opinion of their fairness, etc. I would think one of the hardest things to do for elder people is to find a very honest and fair auto mechanic.

If that is something you think our client list would like to know then I have a five star recommendation based on my own personal experience. And no, I am not getting a finder's fee, discount, nor am I related. Since they do not advertise (referrals only) I asked if they would be interested in being referred on a distribution list covering many elderly people. They thought that would be great.

I was fortunate enough a few years back to run into Mike Pike. He used to actually make house calls and today has opened his own shop in Poway. He worked for an auto dealership but did not like their monetary practices so he went into business on his own. He does not upcharge the replacement parts above what you or I could buy them for at a parts store. Others add about 50% to the parts charges. He also charges labor much lower than a dealership.

The business name is called Wrench On Wheels. It was started a few years ago by two brothers, Mike Pike and Nolan Pike. I have never met two more honest, fair and reputable mechanics in my life. Three years ago they charged me \$1600 for some major repairs (struts, brakes, wires, tune-up, etc.) to my old van. Firestone, etc. wanted \$2600. This week I needed to have a new ignition lock cylinder put into my Van because I could not turn the key any longer. I got an estimate from Toyota of \$450 but Wrench On Wheels did the repair for \$265. I think you get my point. If interested in referring them then you can visit or call them at:

Wrench On Wheels 13955 Poway Rd. Poway 858-748-3500



Personal Notes:

One afternoon I notice steam rising from my Jacuzzi. This seemed odd as you usually don't see that unless it's heated up to around 90 degrees. A quick check of the temp and sure enough, 87 degrees. Normally, if one of the kids wanted to have some friends over, they would ask me first to heat up the Jacuzzi for them. That's when I realized the water from the Jacuzzi was filtering into the pool, a quick check of the pool temp and it was also 87 degrees. One of the kids must have turned on the Jacuzzi heater and never shut it off. I was ready to choke someone! Here's a question, "how much natural gas does it take to heat a 10,000 gallon outdoor pool to 87 degrees?" I rounded up every kid I could find and chewed them out for not having brains enough to shut off the heater when they were done using it. They swore up and down they didn't do it, so I shut the heater off and 5 minutes later it turned itself back on. Turns out it was a faulty switch that shorted out after the recent storms we received. So to turn lemons into lemonade, we all put on our suits and went for a very expensive and warm December swim.

Jeff Wetzel, President of Bridlewood Insurance Services 1-877-267-5514

Email: Jeff@bridlewoodinsurance.com Web Site: www.bridlewoodinsurance.com

Answers to "Are You Smarter than a 5th Grader" (1) A (2) D (3) C (4) D (5) A