



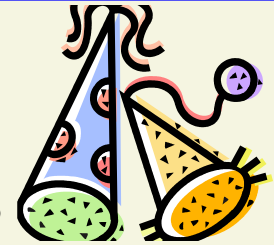
January Birthdays

Audra Redman
Marion Patterson
Norma Slaton
Genevieve Bredeesen
Phyllis Cerise
Herbert Keele
Jean Caswell
Vivian Trickey
Anna Frost
Edwin Weaver
Jean Mcneese
Elizabeth Schock
Elsie Speck
Helen Cox
Agnes Kampf
Marion Gilbert
Iris Fridrichsons
Stanley Smith
Mary Koester
Arnold Lind
Barbara Marcus
Hal Ballon
Bettye Outcault
Alethea Altenbern
Claire Nelson
Andrew Dutenhoeffler
Fred Stocker
Helen Jansen
Mary Mullins
Jose Padilla
Oriela Ballon
Charlotte Alcorn
Mary Waldron
Diane Hooker
Robert McHose
John Hoffman
Katherine Thornton
Eleanor Smith
Carol Kurzweil
Sally Lindsay
Marilyn Applegate
Rosa Rivera
Virginia Maczko
Karin Hellebrect
John Trochta
Manuel Curriel
Larry Wilson
Virginia Leak
David Brown
Dorothy Gleason
Willie Bolin
Patty Mayfield
Donna Maccini
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HEALTHY NEWS

WHAT ARE YOUR GOALS FOR 2014?

Have you made your New Years resolutions for 2014 yet? Maybe try to eat better, lose a few pounds or finish that one project you have always meant to finish? Often there is one barrier in your way, and it's called Procrastination. It's been said that "Procrastination is the grave in which opportunity is buried." Are you constantly avoiding making decisions, or find yourself not completing what you set out to do?



Taking Action is the first step to fulfilling what you set out to do. Healthy News is here to help you get started with a few things that come with your Medicare plan.

- 1. Hearing Aids:** Have you been putting off a trip to the audiologist? No More Excuses, call Dr. Ken Podlenski at North County Audiology [858-674-1910](tel:858-674-1910) and set an appointment. If you prefer to email Dr. Ken, his email is Ken@northcountyaudiology.com
- 2. Gym Membership:** Your plan has a Silver Sneakers gym membership either already included, or can be added for a small monthly fee. To find the gyms available in your area go to silversneakers.com, and at the top of the page put in your zip code. It will come back with a screen asking you all amenities your looking for like a pool/sauna. Click search again and see what gym will work for you.
- 3. Get Your Pearly Whites Cleaned:** When was the last time you were at the dentist? On this subject I don't want to hear any excuses. If you already have a dentist...great, call today and set an appointment for a cleaning. If not, call Dr. Roxana Mashoon at [858-451-0202](tel:858-451-0202) who discounts her rates for Healthy News Members, or call Dr. Michael Novikoff in San Marcos at [\(760\) 744-8314](tel:760-744-8314) ,if you have the dental rider available through your plan.
- 4. Annual Physical:** Also known as your Wellness Exam, which is covered 100% through your plan. This will give you an annual baseline of your blood pressure and other vitals so each year your doctor can see if it's better, the same or getting worse. Remember to stick to the exam... if you start asking questions about other problem areas you'll be charged an office visit. (Which isn't the end of the world...just annoying) Also remember to remind the person checking you in "This is my annual physical" so they don't charge you the co-pay. If you have additional questions or need some motivation, you can always email me at info@jeffwetzal.com





January Funnies

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

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says:
 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'
 Slim says, 'I feel just like a newborn baby.'
 'Really!? Like a newborn baby!?'
 'Yep. No hair, no teeth, and I think I just wet my pants.'



New Hearing Aid

A man was telling his neighbor, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.' 'Really,' answered the neighbor. 'What kind is it?' 'Twelve thirty.'
 —Thanks to Roman in Fallbrook

One Day at Costco

One day, in line at the company cafeteria, Joe says to Mike behind him, "My elbow hurts like hell. I guess I'd better see a doctor." "Listen, you don't have to spend that kind of money," Mike replies "There's a diagnostic computer down at Costco. Just give it a urine sample and the computer will tell you what's wrong and what to do about it. It takes ten seconds and costs ten dollars - a lot cheaper than a doctor."

So, Joe deposits a urine sample in a small jar and takes it to Costco. He deposits ten dollars and the computer lights up and asks for the urine sample... He pours the sample into the slot and waits. Ten seconds later, the computer ejects a printout: "You have tennis elbow. Soak your arm in warm water and avoid heavy activity.. It will improve in two weeks. Thank you for shopping @ Costco.."

That evening, while thinking how amazing this new technology was, Joe began wondering if the computer could be fooled. He mixed some tap water, a stool sample from his dog, urine samples from his wife and daughter, and a sperm sample from himself for good measure.

Joe hurries back to Costco, eager to check the results.. He deposits ten dollars, pours in his concoction, and awaits the results .

The computer prints the following:

1. Your tap water is too hard. Get a water softener. (Aisle 9)
 2. Your dog has ringworm.. Bathe him with anti-fungal shampoo. (Aisle 7)
 3. Your daughter has a cocaine habit. Get her into rehab.
 4. Your wife is pregnant. Twins. They aren't yours.. Get a lawyer.
 5. If you don't stop playing with yourself, your elbow will never get better!
- Thank you for shopping @ Costco!

Birthdays Cont:

James Ploudre
 Ibrahim Kulauzovic
 Lloyd Bolin Jr
 Anne Latulippe
 Bob Poulsen
 Calvin McGaugh
 Catherine Parks
 Donald Nergarian
 Linda Anderson
 Florentino Nacu
 Mark Johnson
 Gerald Alcorn Jr
 Sharon Prince
 Terrie Jacobsen
 Suzanne Schulte
 Linda Cohen
 Jack Cohen
 Lydia Persails
 Rosemarie Chabot
 Leslie Gardner
 Elaine Powell
 Peggy Poulsen
 Tom Gilmore
 Ethel Peckham
 Annie Aguilar
 Danny Newby
 Kathy MacIntyre

Congratulations to the 90 Plus Club

Audra Redman 97
Marion Patterson 94
Norma Slaton 94
Genevieve Bredesen 92
Phyllis Cerise 92
Herbert Keele 92
Jean Caswell 90
Vivian Trickey 90
Anna Frost 90
Edwin Weaver 90
Jean Mcneese 90
Elizabeth Schock 90

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

Healthy News Trivia

1. How many orbits of the earth does the moon make in a year ?
2. Traditionally, what type of wood do Rolls Royce use on the dashboards of their cars?
3. If a snail climbed up a 12 ft wall at a steady rate of 3 feet a day, but slipped down 2ft every night, how many days would it take him to reach the top?
4. What is the national emblem of Canada ?
5. In the song `The 12 days of Christmas`, what are the 6 geese a-doing ?
6. Name the actor who played Ben Hur ?
7. Specifically, on which part of your body would you find your patella ?
8. What name is given to a 70th wedding anniversary ?
9. If a customer orders 100 dozen widgets and wants them delivered in three equal quantities on consecutive days, how many widgets will there be in each delivery ?
10. Who painted the Mona Lisa ?
11. What do frogs have in their mouths that toads don't ?
12. What are the two largest cities in Minnesota also known as the Twin Cities?
13. Which of the following rock groups was originally called Johnny and the Moon Dogs? The Beatles, The Rolling Stones, or The Who ?
14. What is the collective noun for a group of owls ?
15. He was born in Tupelo Mississippi on the 8th of January 1935. The surviving brother of twins, he was most disappointed when at the age of 11 he was given a guitar for his birthday instead of a bicycle. Who was he ?

Answers at the bottom of page 3

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 thank those responsible, properly.

Peter & Karin Hillebrect referred **Earl & Sally Muhbaier**
Bill Tortorich referred **Pat Tortorich**

Special shout out to Helene Freemon at Arch Health Partners. I lost count how many she sent over as it got pretty hectic in the closing days. Thank You Helene, you helped out a lot of good members.

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

“Sometimes when a man with money meets a man with experience, the man with experience ends up with the money and the man with the money ends up with experience” -Unknown

Trivia Answers:

1. 13
2. Walnut
3. 10 days
4. Maple Leaf
5. Laying
6. Charlton Heston
7. Knee
8. Platinum
9. 400
10. Leonardo da Vinci
11. Teeth
12. Minneapolis/St. Paul
13. The Beatles
14. Parliament
15. Elvis Presley

The Marines in the Right Place at the Right Time

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Orville Smith, a store manager for Best Buy in Augusta, Ga. told police he observed a male customer, later identified as Tyrone Jackson of Augusta, on surveillance cameras putting a laptop computer under his jacket. When confronted the man became irate, knocked down an employee, drew a knife and ran for the door. Outside on the sidewalk were four Marines collecting toys for the Toys for Tots program. Smith said the Marines stopped the man, but he stabbed one of the Marines, Cpl. Phillip Duggen, in the back; the injury did not appear to be severe. After police and an ambulance arrived at the scene Cpl. Duggen was transported for treatment. “The subject was also transported to the local hospital with two broken arms, a broken ankle, a broken leg, several missing teeth, possible broken ribs, multiple contusions, assorted lacerations, a broken nose and a broken jaw.... injuries he sustained when he fell off the curb after stabbing the Marine,” according to the police report.



He Who Laughs First Doesn't Always Laugh Last

George Bernard Shaw, the famous playwright, sent Winston Churchill two tickets to the opening of his play, Saint Joan, with a note: “One for yourself and one for a friend - if you have one.” Churchill replied that he regretted being unable to attend the opening, but asked if it would be possible to have tickets for the second night—”If there is one.”



Be Sure You Know Who You're Talking To

General Westmoreland called down to the base motor pool one day and asked what vehicles were on the base and available. The Private who answered the call said: “Two jeeps, one truck and one sedan for the stupid General.” Not believing what he just heard, the General asked the Private: “Do you know who you're talking to?” The Private said “No.” “Well, this is General Westmoreland.” The Private thought for a moment — Highly aware of his incredible blunder—and asked: “Well, do you know who you're talking to?” The General responded “No, I don't,” to which the Private said, “Well, so long, stupid” and hung up the phone.

The Truth Be Known!

At a political dinner the famous newspaper columnist, Ann Landers, was introduced to a rather pompous Senator. “So you're Ann Landers,” he drawled. “Say something funny.” Without hesitation Ann replied, “Well, you're a politician...tell me a lie.”

Personal Notes:

Thank God for basketball! This year I was able to skip the annual trek to the frozen state of Minnesota, as someone needed to stay behind and take care of daughter, Whitney. Since she plays on the Poway Varsity Basketball team and they have tournaments right through the holiday break, this gave me the perfect excuse to stay in San Diego over the holidays, and more importantly, stay warm!

I wanted to say thank you for all the cards, gifts, phone calls and emails over the holidays. I pinch myself every morning that I have the opportunity to work with you and to help as many members as I can. I am truly blessed and can't wait to get started in 2014.

Thank You

Jeff Wetzel

#1 UnitedHealthcare Independent Agent San Diego County

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