



July Birthdays

Mary Hecock
Carl Cimino
Elda Bowen
Jack Torchin
Dianne Bullen
J.R. Westfall
Ann Wilson
James Ledgerwood
Ardis Seitzinger
Stephen Voit
Magdaleno Gomez
Robert Watson
Peter Todoulakis
Iris Cotter
Joy Buchner
Ledeane Prince
Wendell Willis
Eileen Graziano
Edward Zahn
Lola Woods
Esther Pena
Deborah Marton
Dean Barnett
Mary Asaro
Leslie Messier
Jean Applin
Veda Baker
Paul V Jeffs
Beverly Ball
Douglas Buddenhagen
Joan Buddenhagen
Frank Callipari
Mary Corp
David Pio
Lewis Bruun Jr
Elizibeth Demirjian
Roberta Anderson
Sharon Knudson
George Hoy
Ignacio Martinez
Stanley Vejtasa
Phyllis Cacopardo
Lois Stafford
Gloria DiRuscio
Marlo McVickers
Henry Noriega
Joeseph Marotta
Jean Long
Ann Sobel
Veronica Duffield
Esperanza Manaligod
Wallace Johnson
Harvey Latz
Cont. on Page 2

HEALTHY NEWS

HEALTHY NEWS DENTAL PLAN

BREAKING NEWS: Healthy News and Dr. Mashoon of Poway have reached an agreement on a dental plan.

Starting July 1st, 2013 Dr. Roxana Mashoon, a highly regarded dentist in Poway, will offer affordable dental care for members of Healthy News that have Jeff Wetzel as their agent of record. Here are some of the highlights of the new plan:

Regular Cleaning Normal Price \$98 ...Healthy News Plan \$42... Save 55%
Comprehensive Oral Exam Normal Price \$98 ...Healthy News Plan \$37... Save 63%
Composite Fillings Normal Price \$207...Healthy News Plan \$66....Save 68%

Dental Care is a huge concern for many of our members. I have heard story after story of bad experiences at the dentist office with a vow to never return again. Dr. Mashoon has been my personal dentist and my family's for years and **Comes with my Highest Recommendation.** Now more than ever with the large following of Healthy News members, you now have access to a premier dentist at a greatly reduced rate.

To qualify for these reduced rates, you need to receive the Healthy News and have Jeff Wetzel as your agent of record. There is a monthly membership fee of \$6.95 paid to Dr. Mashoon. For those who receive Health News but chose to go with another carrier like Scan or Kaiser.... You will need to pay the normal rate.

If you are paying for dental insurance through UnitedHealthcare, we can turn that rider off so your not paying for both.

Dr. Roxana Mashoon D.D.S is at 15835 Pomerado Rd Suite 201 Poway, CA 92064 (At the intersection of Pomerado and Bernardo Height Pkwy) the office phone number is 858-451-0202

Personal Note: The single most asked question to me is about dental care. It's so rare to find a good dentist that looks out for **Your** interest and charges a fair price. Dr Mashoon is a friend that understands the needs of our members and is willing to help.

Call today and set your membership up. As with all good doctors and dentist, they fill up fast. Please Don't Wait.

Call 858-451-0202 and tell them Jeff sent you !!
Congratulations Healthy News Members!!





July Funnies

Three old men were sitting around and talking. The 80 year old said, "The best thing that could happen to me would just to be able to have a good pee. I stand there for 20 minutes, and it dribbles and hurts. I have to go over and over again."

The 85 year old said, "The best thing that could happen to me is if I could have one good bowel movement. I take every kind of laxative I can get my hands on and it's still a problem."

Then the 90 year old said, "That's not my problem. Every morning at 6:30am sharp, I have a good long pee. At 6:30am sharp, I have a great bowel movement. The best thing that could happen to me would be if I could wake up before 7am !

Thanks to Jan & Joe Lawless



Comparing Children

4 guys and 1 lady were having coffee and they were talking about the topic of their kids. So the 1st man says to his friends, "My son is a priest when he walk into a room people call him 'Father' so what about yours?"

The 2nd man says, "My son is a Bishop. When he walk into a room people call him 'Your Grace'" The 3rd man says, "My Son is a Cardinal. When he walks into a room people call him 'Your Eminence'" The 4th man says, "My son is the Pope. When he walks into a room people call him 'Your Holiness'"

The lady just sits there quietly and listen and the guys turn to her and ask "what about your child?" She replies, "I don't have a son, but I do have a daughter, she is slim, tall , silky long hair and 38D-24-36. When she walks into the room, people say 'OH MY GOD'"

Married a Lawyer

A lawyer married a woman who had previously divorced three husbands. On their wedding night, she told her new husband, "Please be gentle, I'm still a virgin."

"What?" said the puzzled groom. "How can that be if you've been married three times?"

Husband #1 was in software services: he was never really sure how it was supposed to function, but he said he'd look into it and get back to me.

Husband #2 was an engineer: he understood the basic process but wanted three years to research, implement, and design a new state-of-the-art method.

Husband #3 was a stamp collector: all he ever did was..... God, I miss him! But now that I've married you, I'm really excited!"

"Good," said the new husband, "but why" he asked.... "You're a lawyer", she said, This time I know I'm gonna get screwed!"

Birthdays Cont:

Paul Brown
Vieno Bradshaw
Susanne Baker
Judson Fulk
Bruce Hendrickson
Ismael Rivera
Walter Rehm
William Ingram
Donald Foster
Edwin Kelly
Judy Lubeck
Richard Dale
Phyllis Burgos
Luann Smith
Irene Sagis
Adolfo Ortiz
Paul Bethel
Rick Michelson
Robert Hardrick
Robert Albert
Jean Badders
Emma Roehrich
Tim Seipel
Arlene Hennes
Eleanor Brown
Ray Germano
Dora Robinson
Ronald Keck
Doreen Bossert
Al Maczko
Edward Koester
Karen Byers
John Cary
Dennis Oconnor
Anne Tatum
Ellen Anding
Pamela Baltis
Paula Griess
Ken Dowling

See Birthday's
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Silver Sneakers Is Back In Poway

In February, "4 Women Only" Poway gym closed leaving the 15-20 Silver Sneakers in the Poway, Scripps Ranch and surrounding areas as "exercise orphans." 24 Hour Fitness in Rancho Bernardo was an option but due to increased driving distance and overcrowding of that gym most quit the exercise program that is so beneficial to "Seniors".

The good news is that a new gym, **Anytime Fitness**, the worlds largest 24 hour gym and co-ed fitness center, is in the process of completely remaking the former gym with all the latest new fitness equipment and when finished in a few weeks will offer Silver Sneakers a fantastic place to keep fit and "get off your rockers."

The membership is free to Silver Sneaker with a one time \$ 20.00 security entry card. Use of all the latest equipment and special wellness programs are included 24 hours a day. The good news is they have agreed to have Silver Sneaker low impact group exercise classes if enough sign up . All that is required is the Silver Sneakers card number and a short application. The main thing is to do it now! Terri Brownlee, is excellent fitness instructor' has agreed to work her schedule to conduct the classes once they are formed.

Anytime Fitness is located at 12222 Poway Road (close to Starbucks). **858-842-2222**. Taking memberships now (free to Silver Sneakers) see Mike, the owner.

Contributed by Richard Dill



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 SSL.)** 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

Healthy News July 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 so I may thank those responsible properly.



Gerald & Diane Marquard referred **Suanne Vannatten**
Mary Lancaster referred **Francoise Dahod**
Bob & Gloria McHale referred **Abra Rider**
Paul Cook referred **Aurie Kryzuda**

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

Birthdays Continued From Page 2

1. **Wendall Willis 100**
2. Stanley Vejtasa 99
3. Dean Barnett 97
4. Mary Hecock 94
5. Iris Cotter 93
6. Veda Baker 93
7. Ann Sobel 93
8. Stephan Voit 92
9. Carl Cimino 92
10. Mary Asaro 90

Congrats to Wendall Willis for his 100th Birthday!!

Also note that Iris Cotter and Veda Baker were born on the same day 93 years ago.

School Teacher Interview

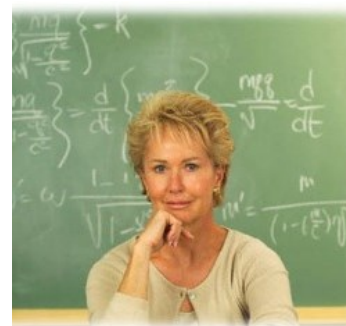
After being interviewed by the school administration, the prospective teacher said:
Let me see if I've got this right.

You want me to go into that room with all those kids, correct their disruptive behavior, observe them for signs of abuse, monitor their dress habits, censor their T-shirt messages, and instill in them a love for learning.

You want me to check their backpacks for weapons, wage war on drugs and sexually transmitted diseases, and raise their sense of self esteem and personal pride. You want me to teach them patriotism and good citizenship, sportsmanship and fair play, and how to register to vote, balance a checkbook, and apply for a job. You want me to check their heads for lice, recognize signs of antisocial behavior, and make sure that they all pass the final exams.

You also want me to provide them with an equal education regardless of their handicaps, and communicate regularly with their parents in English, or in any of 10 other official languages, by letter, telephone, newsletter, and report card.

You want me to do all this with a piece of chalk, a blackboard, a bulletin board, a few books, a big smile, and a starting salary that qualifies me for food stamps. 'You want me to do all this, and then you tell me.....
"I CAN'T PRAY?"'



A Few Questions with Dr. Yo Tok Kak

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. Bottoms up!

Q: Is Swimming good for your figure? A: If swimming good for figure, explain whale to me.

Q : Will sit-ups help prevent me from getting a little soft around the middle?

A: Oh no! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Well... I hope this has cleared up any misconceptions you may have had about food and diets!!

Personal Notes:

I'm pretty excited about the dentist news!! You guys now have access to a great dentist for a big reduced rate. Now I need to cut a deal with a hearing aid doctor and we'll have our bases covered. Just to let you know that the August newsletter will be a little late as I'm taking the family on a cruise to Aruba. I hope to use a little self control this time as my previous cruises usually ended with my bar bill for the week was more than I paid for the cruise! This trip we will also celebrate our 28th wedding anniversary so I should earn a few brownie points for that. Enjoy your summer... can you believe 2013 is already half over?



Jeff Wetzel

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