



June Birthdays

Cherie Winder
Mona Martin
Mary Farrar
Shirley Ledgewood
Robert Stoneham
Anita Noordhoorn
Yvonne Culligan
Jose Larios Montes
Thomas McCurdy
Nita Lister
Virginia Niciphor
Ann Sticka
Eleanora Woodbury
Lonnie Woods
Sandra Murray
Lila Smolenski
Fred Sammons
Harry Fridrichsons
Pete Hudson
Michael Smith
Joan Gade
Joan Hofacre
Charles Reeves Jr
Richard Applin
Millie Ginsberg
Betty Imler
Walter Traut
Leta Weaver
Joseph Berke
Lilia Haemmer
Karen Edwards
Wally Dier
Kenneth Meyer
Karl Leimbach
Fern Nichols
Linda Harrell
Virginia McGaugh
Christine Hardiman
Grace Meng
Donald Stine
Barbara Hyatt
Barbara Marshall
Mary Bennett
Barbara Jones
Judith Dill
Edward Rudgers
Olga Bernard
Mary Griffith
Patricia Hansch
Jonathan Coats
Barbara Conley-Irving
Peter Masters
Petra Cacho
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HEALTHY NEWS

TRAVELING THIS SUMMER?

Does your plans include a little trip this summer? Maybe we should look at how your UnitedHealthcare plan will work for you.

Medicare Advantage in the U.S.: Your coverage doesn't stop when you leave San Diego county. **Emergency Room, Urgent Care and Ambulance** coverage worldwide. If your in the U.S. and need medical care outside of San Diego and don't know where the nearest urgent care or emergency room is, call the NurseLine on the back of your card. A registered nurse will answer the phone 24 hours a day and help you to the nearest care center.

Medicare Advantage Outside of the U.S., This is when it gets a little tricky, Again you have Emergency Room, Urgent Care and Ambulance coverage worldwide but outside the states you may need to pay the bill first and get reimbursed later from UnitedHealthcare. You will need to present an **itemized, detail bill along with doctors notes** for UnitedHealthcare to reimburse you as if you had the medical services in San Diego. For example, If you were in France and taken by ambulance to the hospital and stayed two days, United would reimburse you minus the \$200 co-pay for the ambulance ride and your co-pay for 2 days in the hospital. (Editor note: when requesting reimbursement, we need to present in a way that a 5 year old could understand. Better to get me involved before trying)

Supplement Plans In the USA by nature allow you to go to any Doctor, Specialist or Hospital as long as they accept Medicare in the United States.

Supplement Plans Outside of U.S. you are covered for medically necessary emergency care services beginning during the first 60 days of each trip outside the USA. You will pay the first \$250 and 20% of the total amount up to \$50,000. Any amount over \$50,000 you pay 100%.

Atlas Travel Insurance Outside The USA: International travel should be a pleasant experience. Complications and emergencies such as illness, injury, and natural disasters are a fact of life. Atlas Travel helps protect you from potential financial disaster while traveling abroad with benefits including inpatient and outpatient medical expenses, \$500,000 of coverage for emergency medical evacuation, coverage for lost checked baggage, and many other important benefits. Atlas Travel gives you the peace-of-mind you're looking for! Click the link: <https://quote.hccmis.com/atlastravel/?referid=25246&language=en-US> or call me at 877-267-5514 for additional questions.





June Funnies

A woman decides to have a facelift for her 50th birthday. She spends \$5,000 and feels pretty good about the results. On her way home, she stops at a news stand to buy a newspaper. Before leaving she says to the clerk, "I hope you don't mind my asking, but how old do you think I am?"

"About 32," is the reply. "Nope! I'm exactly 50," the woman says happily.

A little while later she goes into McDonald's and asks the counter girl the very same question. The girl replies, "I guess about 29." The woman replies, "Nope I'm 50." Now she's feeling really good about herself. She stops in a drug store on her way down the street. She goes up to the counter to get some mints and asks the clerk this burning question. The clerk responds, "Oh, I'd say 30." Again she proudly responds, "I am 50, but thank you."

While waiting for the bus to go home, she asks an old man waiting next to her the same question. He replies, "Lady, I'm 78 and my eye sight is going. Although, when I was young, there was a sure way to tell how old a woman was. It sounds very forward, but it requires you to let me put my hands under your bra. Then, and only then can I tell you EXACTLY how old you are."

They wait in silence on the empty street until curiosity gets the best of her. She finally blurts out, "What the heck, go ahead." He slips both of his hands under her bra and begins to feel around very slowly and carefully. He bounces and weighs each one of her...He gently pinches them as well. He pushes her assets together and rubs them against each other.

After a couple of minutes of this, she says, "Okay, okay...How old am I?" He completes one last squeeze of her assets, removes his hands, and says. "Madam, you are 50." Stunned and amazed, the woman says, "That was incredible, how could you tell?" He replies,

"I was behind you in line at McDonald's."



Birthdays Cont:

- Luis Ramirez
- Lula Wildenberg
- Frank Bigelbach
- Arlene Becerra
- Juan Becerra
- John Boer
- Patricia Doering
- Elizabeth Harris
- Dolores Leonard
- Michael Hassani
- Marina Sandzimier
- June Fornander
- Mike Blackman
- Shirley Sceville
- Dale Anderson
- Sherrie Cook

- #1 Virginia Niciphor 95
- #2 Walter Traut 95
- #3 Lula Wildenberg 94
- #4 Ann Sticka 93
- #5 Richard Applin 92
- #6 Harry Fridrichsons 90
- #7 Nita Lister 90

Happy Birthday to Virginia who edged out Walter by 7 days!
Didn't see your name on our birthday list? It's because I am not your agent of record.



Old Time Sake

The husband leans over and asks his wife, 'Do you remember the first time we made love together over fifty years ago? We went behind the village tavern where you leaned against the back fence and I made love to you.' 'Yes', she says, 'I remember it well.' 'OK,' he says, 'How about taking a stroll around there again and we can do it for old time's sake?'

'Oh Jim, you old devil, that sounds like a crazy, but good idea!'

A police officer sitting in the next booth heard their conversation and, having a chuckle to himself, he thinks to himself, I've got to see these two old-timers having sex against a fence. I'll just keep an eye on them so there's no trouble.

So he follows them.

The elderly couple walks haltingly along, leaning on each other for support aided by walking sticks.. Finally, they get to the back of the tavern and make their way to the fence. The old lady lifts her skirt and the old man drops his trousers. As she leans against the fence, the old man moves in. Then suddenly they erupt into the most furious sex that the policeman has ever seen. This goes on for about ten minutes while both are making loud noises and moaning and screaming. Finally, they both collapse, panting on the ground.

The policeman is amazed. He thinks he has learned something about life and old age that he didn't know. After about ten minutes of lying on the ground recovering, the old couple struggles to their feet and puts their clothes back on.

The policeman, is still watching and thinks to himself, this is truly amazing, I've got to ask them what their secret is. So, as the couple passes, he says to them, 'Excuse me, but that was something else. You must've had a fantastic sex life together. Is there some sort of secret to this?'

Shaking, the old man is barely able to reply, 'Fifty years ago that wasn't an electric fence.'



So we've passed a health care plan written by a committee whose chairman says he doesn't understand it, passed by a Congress that hasn't read it but exempts themselves from it, signed by a president that also hasn't read it and who smokes, with funding administered by a treasury chief who didn't pay his taxes, all to be overseen by a surgeon general who is obese, and financed by a country that's broke. What the hell could possibly go wrong?

Careington Dental Plan 507 ...For California

Dental insurance is expensive and limits the amount of work done per calendar year. Many people are using discount dental insurance to bridge the gap where you can get 20% to 60% off Dental Care Now starting at \$6.95 per month. Founded in 1979, Careington Dental plan is now over 8 million members strong because it works. When you go to a plan General Dentist, your fees are discounted according to published schedule of discounts for California. For example:



<i>Regular Cleaning</i>	<i>Normal Price \$95 ...Careington Plan \$42... Save 51%</i>
<i>Amalgam Fillings</i>	<i>Normal Price \$142...Careington Plan \$53.....Save 62%</i>
<i>Upper or Lower Denture</i>	<i>Normal Price \$1719 Careington Plan \$730 ..Save 57%</i>

I did a quick search of several areas around San Diego and found over 500 dentist that participate on this plan. Go to <http://careington1.com/> and click on California to take a look for yourself or call me at 877-267-5514 for additional information.

Remember your UnitedHealthcare Dental plan can be turned off if you find a dentist on the Careington plan you would rather go to. A quick call to customer service on the back of you card will shut off the dental rider.

Over 100 Members Turned Out For The Mid Season Review

Thank you for the 46 members in Escondido and 62 members in Rancho Bernardo who came out for a review of the 2013 benefits. Special shout out to the manager at Coco's in Rancho Bernardo who let us pretty much take over his restaurant. There was no way we were going to fit in the back room. The next meeting will be in early October where we will get a sneak peek at the 2014 benefits. Thanks for everybody putting up with me as I was fighting a nasty cold but as they say, the show must go on!



Healthy News June 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 I'm starting a Referral Tree so I may thank those responsible properly. You will see this new column each and every month.

- Jack Cohen** referred **Jafar Hosseini**
- Marion Patterson** referred **Judy Baldwin**
- Mary Johnson** referred **Lydia Persails**
- Jon Coats** referred **Alan Hopkins**
- Ruth Sammons** referred **Joan Paulsen**
- Rose Marie Bowman** referred **Ann Beeson**
- Mary Koester** referred **American Airlines Vanguards**
- Susan Blitz** referred **Cathy Clark**
- Gladys DeBoer** referred **Deanna McHose**
- Rosa Schaffer** referred **Maria Gomez and Lauro Gomez**
- J.D. Fear** referred **Juanita Minick**
- Paul & Suellen Rubinstein** referred **Charles & Nancy Lekus**

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.

The Passing of Common Sense

Today we mourn the passing of a beloved old friend, Mr. Common Sense. Mr. Sense had been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such value lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair. Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not kids, are in charge).

His health began to rapidly deteriorate when well intentioned but overbearing regulations were set in place. Mr. Sense declined even further when schools were required to get parental consent to administer aspirin to a student; but, could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, Common Sense lost the will to live as the Ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims.

Common Sense was preceded in death by his parents, Truth and Trust, his wife, Discretion; his daughter, Responsibility; and his son, Reason. He is survived by two stepbrothers; My Rights and Ima Whiner

Not many attended his funeral because so few realized he was gone.

Contributed by Tom Markel



Personal Notes:

In a few weeks my number 3 child will graduate Poway High School. The time is just flying by as it just seemed like yesterday when she was a baby. Lexy was born with colic which meant she cried what seemed like morning till night. The only thing that kept her content was holding her face down and carrying her like a football. I'm sure the neighbors thought I was an awful parent walking around the block carrying a 2 month old baby that way but it seemed to be the only thing that worked. I remember my arm going numb and having to switch to get the feeling back and thinking how I wish she would grow out of this as the doctors said she would. Once that ended she has been a joy to raise. Straight A student, lots of nice friends, played sports year around and always on the go. It's funny how you remember the little things like leaving her soccer game and rushing to make her basketball game across town. I look in the rearview mirror two minutes down the road and she's konked out in the back seat. We arrive at the basketball game, turn off the car engine and she wakes up, grabs her bag and without missing a beat says, "Ok, I'll see you there" and runs off to the gym. The kid has an endless amount of energy. This fall, U.C. Davis will be her new home as she studies Veterinarian Medicine.

Jeff Wetzel

#1 UnitedHealthcare Independent Agent San Diego County 2010-13

Toll Free **1-877-267-5514** Web Site: www.jeffwetzel.com

Email: Info@jeffwetzel.com

