



## **September Birthdays**

Martha Westfall  
Roberta Warnken  
Frank Terschan  
Assunta Anibaldi  
James Breuel  
Ellamarie Nielsen  
Willard McGee  
Lenore Bernard  
Nadim Bilal  
Kathryn Littlejohn  
Daniel Theberge  
Shirlee Perry  
Stoddard Robinson  
Leon Smith  
Constance Anthony  
Janice Davis  
Dwight Nass  
Paul Rubinstein  
Edward Demirjian  
Willie Young  
Maurice Bernard  
Bruna Dinnocenzo  
Ruth Gach  
Paul Messier  
Rita Kamps  
Sandimary Riehl  
Mary Ochoa  
Dennis Sceville  
Jesse Macias JR  
Rita Acciaccia  
Tom Hansch  
Gail Senter  
Irma Umama  
Robert St. Germain  
Karen Masters  
Wolfgang Kranzle  
William Woodson  
Lois Foreback  
Virginia Seipel  
Richard Hennes  
Marilyn Goldammer  
Karen Somerville  
Cleo Shurtz  
Mary Fulk  
Thomas Dolan  
Gary Byers  
Joseph Sandzimier  
Janette Grutzmacher  
Catherine Diltz  
Larry Tritschler  
George Fishinger  
Peter Particelli  
Adela Detrinidad  
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# HEALTHY NEWS

## **COAST CARE PARTNERS WITH HEALTHY NEWS**

What do you do when you need a little extra help and don't know where to turn or who to trust? I recommend Coast Care Partners [www.coastcarepartners.com](http://www.coastcarepartners.com) They provide Care-giving and Care Management for San Diego seniors. CCP is an employee-owned company with a combined 50 years of experience in the elder-care industry.

When I was interviewing companies to provide in home care for Healthy News Members, I was looking for a local team of professionals that was the best at what they do. More importantly, I wanted to personally meet the Executive Director David Chong so that if any "issues" arose, my phone calls go straight to the head of this local company and not some corporation, where no one is held accountable.

Coast Care Partners is providing a Preferred Rate for Healthy News Members and their phone number is **619-354-2544**. If you or a loved one needs a little extra help, call Coast Care Partners today and let one of their expert staff members tailor a plan for your needs. Coast Care Partners and Executive Director David Chong will have a booth at our UnitedHealthcare October 8th Sneak Peek Meeting!

### **Over 200 Members Already RSVP For Sneak Peek Oct 8th Meeting**

This year the UnitedHealthcare Sneak Peek 2014 Benefits meeting will be held at the Country Club of Rancho Bernardo on October 8th, 2013. The doors will open at 4pm where you will have a chance to meet the professionals recommended by Healthy News in person. The 2014 benefits meeting will kick off at 5pm and should take about an hour. Soft drinks, coffee and light snacks will be served. Here are a list of the special guests you will meet on this extraordinary night:

**Dr. Roxana Mashoon**.... Family & Cosmetic Dentistry  
**Dr. Kenneth Podlenski**....North County Audiology  
**Coast Care Partners**.... In Home Care for Seniors  
**Brian McArthur** ..... Long Term Care Insurance  
**Alex Monroe** ..... Morgan Stanley Financial Services  
**Wolfgang Kranzle**..... Realty Experts

With **less than 70** seats remaining, if you plan on coming **and have not yet called or emailed me your RSVP**, now would be the time to do so. We will have to turn people away when we reach our 270 guest limit. The Country Club of Rancho Bernardo is located at 12280 Greens East Road San Diego 92128. You may email me at [info@jeffwetzels.com](mailto:info@jeffwetzels.com) or call **1-877-267-5514** to **RSVP**. Please let me know how many are in your party.

**Remember to bring a Friend, Neighbor or Loved One along so they can see the benefits of being a UnitedHealthcare and Healthy News Member.**



## September Funnies

A couple had just learned how to send text messages on their cell phones. The wife was a romantic type and the husband was more of a no-nonsense guy. One afternoon the wife went out to meet a friend for coffee. She decided to send her husband a romantic text message and she wrote:

*If you are sleeping, send me your dreams.*

*If you are laughing, send me your smile.*

*If you are eating, send me a bite.*

*If you are drinking, send me a sip.*

*If you are crying, send me your tears.*

*I love you."*

The husband texted back to her: *I'm on the toilet. Please advise!*

-Sent in by Don Clugston

A man walks into a store to buy a Barbie doll for his daughter. "How much is that Barbie in the window?" he asks the shop assistant.

In a manner she responds, "Which Barbie? We have Barbie Goes to the Gym for \$19.95, Barbie Goes to the Ball for \$19.95, Barbie Goes Shopping for \$19.95, Barbie Goes to the Beach for \$19.95, Barbie Goes Nightclubbing for \$19.95, and Divorced Barbie for \$395.00."

The guy asks, "Why is Divorced Barbie such a different price from all the others?"

"That's obvious," the assistant states, "Divorced Barbie comes with Ken's house, Ken's car, Ken's boat, Ken's furniture....."

While on vacation a married couple walked into a shoe store. The salesman said to them, "I have some very special Jamaican sandals I think you would be interested in. They make you wild at sex."

Well, the wife was really interested in buying the sandals after what the man claimed, but her husband felt he really didn't need them, being the sex god he was. The husband asked the man, "How could sandals make you into a sex freak?" The Jamaican replied, "Just try them on, Mon."

So, the husband, after some badgering from his wife, finally gave in, and tried them on. As soon as he slipped them onto his feet, he got this wild look in his eyes, something his wife hadn't seen in many years!

In the blink of an eye, the husband grabbed the Jamaican, bent him violently over a table and grabbed a firm hold of the Jamaican's hips.

The Jamaican then began screaming, 'You got them on the wrong feet! 'You got them on the wrong feet!



### Birthdays Cont:

Ken Reinach  
Jan Meermans  
Connie Johnson

### Congratulations to the 90 Plus Club

#### Leon Smith 91

Maurice Bernard 90  
Frank Terschan 90

Happy Birthday to all our September members I hope you have a special day.



## Let Your Comments Be Heard

We are in the process of upgrading the web site [www.jeffwetzel.com](http://www.jeffwetzel.com) where your views can now be heard. Press the “Testimonials” button and give us your opinion.

## Have Your Healthy News Delivered Electronically

Rather get your news through your computer? Want an easy way to forward a joke to all your friends? Go to [www.jeffwetzel.com](http://www.jeffwetzel.com) and click the red “Subscribe to our Newsletter” button and I’ll take care of the rest.



## Covered California is Ready To Go

October 1st, Californians under 65 without health insurance will be able to start enrolling for a Jan. 1st start date. Go to [CoveredCa.com](http://CoveredCa.com) and see the site.

## Volunteers Needed to be Ambassadors

I am looking for 10 able body volunteers to help me during our October 8th Sneak Peek meeting in Rancho Bernardo. Duties include helping people get checked in and settled, pointing out the different vendors and helping them read their UnitedHealthcare cards so they know what plan they are on. If you would like to help, please send me an email or call me. [Info@jeffwetzel.com](mailto:Info@jeffwetzel.com) or 1-877-267-5514



## Chiropractor and Acupuncturist Join the Healthy News Family

**Rick Trevison** of **Rancho Bernardo Chiropractic** has agreed to work with Healthy News members at a reduced rate of \$40 per session. With over 30 years of experience in serving Rancho Bernardo, Mr. Trevison has built a reputation of honest and proven results. Rancho Bernardo Chiropractic is located at 12409 Rancho Bernardo Road and his phone number is 858-485-8220.

**Michael Akong** of **Neuro Acupuncture Associates** is a board certified licensed acupuncturist that specializes in healing from pain and paralysis. Mr. Akong has come highly recommended from several Healthy News Members and has agreed to a preferred rate for Healthy News Members. **Neuro Acupuncture Associates** has two locations, 5850 El Camino Real Carlsbad and 16885 Via Del Campo Ct in Rancho Bernardo. Michael can be reached at 858-837-2830.

I would welcome any and all feedback about our newest health care professionals. As with all Healthy News recommended professionals, I only want to recommend the very best at what they do.

## Healthy News September 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.

**Wolfgang & Herta Kranzle** referred **Ray Forster**  
**Mary Rubalcava** referred **Francisco Rubalcava**  
**Jack Cohen** referred **Gerhard & Jilijean Walther**  
**Bob & Peggy Paulsen** referred **Larry Nuffer**



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.

### Billy Graham's New Suit

Billy Graham is now 92 years-old with Parkinson's disease. In January, leaders in Charlotte , North Carolina, invited their favorite son, Billy Graham, to a luncheon in his honor. Billy initially hesitated to accept the invitation because he struggles with Parkinson's disease. But the Charlotte leaders said, 'We don't expect a major address. Just come and let us honor you.' So he agreed. After wonderful things were said about him, Dr. Graham stepped to the rostrum, looked at the crowd, and said, "I'm reminded today of Albert Einstein, the great physicist who this month has been honored by Time magazine as the Man of the Century. Einstein was once traveling from Princeton on a train when the conductor came down the aisle, punching the tickets of every passenger. When he came to Einstein, Einstein reached in his vest pocket. He couldn't find his ticket, so he reached in his trouser pockets. It wasn't there. He looked in his briefcase but couldn't find it. Then he looked in the seat beside him. He still couldn't find it.



"The conductor said, 'Dr. Einstein, I know who you are. We all know who you are. I'm sure you bought a ticket. Don't worry about it.' Einstein nodded appreciatively. The conductor continued down the aisle punching tickets. As he was ready to move to the next car, he turned around and saw the great physicist down on his hands and knees looking under his seat for his ticket. "The conductor rushed back and said, 'Dr. Einstein, Dr. Einstein, don't worry, I know who you are; no problem. You don't need a ticket. I'm sure you bought one.' Einstein looked at him and said, "Young man, I too, know who I am. What I don't know is where I'm going."

Having said that Billy Graham continued, "See the suit I'm wearing? It's a brand new suit. My children, and my grandchildren are telling me I've gotten a little slovenly in my old age. I used to be a bit more fastidious. So I went out and bought a new suit for this luncheon and one more occasion. You know what that occasion is? This is the suit in which I'll be buried. But when you hear I'm dead, I don't want you to immediately remember the suit I'm wearing. I want you to remember this:

"I not only know who I am. I also know where I'm going. May your troubles be less, your blessings more, and may nothing but happiness, come through your door. "Life without God is like an unsharpened pencil - it has no point." Amen & Peace My Friends. And may each of us have lived our lives so that when our ticket is punched we don't have to worry about where we are going.

### Personal Notes:

September 2013 has been circled on my calendar for quite some time. It was a month I hoped would never arrive. This month I move my daughter to U.C. Davis so she can start her education journey to be a Veterinarian. You would think this would get a little easier as this is the third child I have moved to college. Each time the house gets quieter and sometimes I wake in the middle of the night like something's wrong...did I forget to do something... did I leave something turned on? Then you realize you didn't hear one of the kids get home and it's ok, since they are off at school. Maybe this is coming at a good time as this fall I'm going to be busier than Bob Filner at a groping contest. (What a treat he turned out to be!)

Taking my self pity out of the equation, I'm excited for Lexy. She has been ready to take on the world for some time now. Since high school graduation, she has been a kid on the go. I'm not sure how she will be able to fit college into her busy social schedule.

I still have my baby, Whitney at home. She grew another inch over the summer and is now standing at 5' 11" and playing Varsity Basketball for Poway. She will be fun to watch. Being a junior at Poway, my new circle date on the calendar is Sep 2015. I don't even want to think about what that will be like when she leaves. If I knew the kids were going to be this much pain and misery, I wouldn't have had so many.

Jeff Wetzel

#1 UnitedHealthcare Independent Agent San Diego County

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