



**January Birthdays**

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

**Birthdays Cont. 2**

# BRIDLEWOOD NEWS

## 3 WAYS TO KEEP YOUR GOALS

It's exciting to set New Year's Resolutions and start off a fresh new year with big goals and ambitions. But the reality, as we all know, is that most resolutions are not kept. Common personal goals are to quit smoking, lose weight, work out regularly, volunteer, save for a vacation, etc.

Big goals with real intentions are exciting and momentarily motivating. But how do we keep them?

1. **Set very specific goals** that can be measured daily or weekly to track progress. Schedule time to track the goals (ie every Friday before going home for the weekend) and celebrate progress.
2. **Start off small and increase over time.** Instead of saying you will workout at the gym 5 days a week, start with short walks around the neighborhood and increase your distance daily. The objective is to build momentum, not kill it.
3. **Set real consequences.** If you were to get fired from your job if you didn't complete a project you may be more likely to finish it. What if you concentrated on the consequence as much as the goal itself? If I don't complete one chapter in my new book by January 7, I will force myself to watch an hour of "Keeping up with the Kardashians."

### Bridlewood Goals in January

1. **Get your Hearing Checked:** Call Dr. Podlenski at North County Audiology get your free hearing test. Dr Podlenski is a Preferred Partner with Bridlewood and gives discounts to Bridlewood members. North County Audiology, 858-674-1910
2. **Call Your Doctor and Set Up Your Physical:** This one is free and surprisingly many people don't take advantage of the free head-to-toe physical offered with your Medicare plan. Part of a Medical group's Star rating is based on their members getting physicals.
3. **Get Your Shingles Shot:** Zostavax is the only shingles vaccine currently approved for use in the United States. It's a one time shot and is considered a tier 4 level medicine on your Medicare part D plan. The cost is \$100 and can be administered in your doctors office or at local pharmacies like Costco. (See Page 3 for more on Shingles)
4. **Set Your Appointment With A Dentist:** Nothing good happens to your teeth when you avoid the dentist. If nothing else, go get a cleaning, that will do wonders for your teeth and not break the bank account. (See Page 4 for dental plans.)





# January Funnies

The San Diego Police are cracking down on speeders heading into San Diego. For the first offense, they give you two Chargers tickets. If you get stopped a second time, they make you use them.



Q. How do you keep the San Diego Chargers out of your yard?  
A. Put up a goal post.

Q. Where do you go in San Diego in case of a tornado?  
A. To the Chargers Stadium - they never have a touchdown there!

Q. What's the difference between the San Diego Chargers and a dollar bill?  
A. You can still get four quarters out of a dollar bill.

Q. What do the San Diego Chargers and a possums have in common?  
A. Both play dead at home and get killed on the road.



## Donald Trumps Wake

When Donald Trump died, an elaborate wake was planned. In preparation, Mrs. Trump called the undertaker aside for a private little talk. "Please be sure to secure his toupee to his head very securely. No one but I knew he was bald," she confided, "and he'd never rest in peace if anyone found out at this point. Our friends from the old country are sure to hold his hands and touch his head before they're through paying their last respects." "Rest assured, Mrs. Trump," comforted the undertaker. "I'll fix it so that toupee will never come off." Sure enough, the day of the wake, the old timers were giving Donald's ancient corpse quite a going over, but the toupee stayed firmly in place. At the end of the day, a delighted Mrs. Trump offered the undertaker an extra thousand dollars for handling the matter so professionally. "Oh, I couldn't possibly accept your money," protested the undertaker. "What's a few nails?"

## Difference Between Two Words

No English dictionary has been able to adequately explain the difference between these two words. In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Bolgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes.

The final question was:

How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand? Some people say there is NO difference between COMPLETE and FINISHED.

\*Here is Mr. Balgobin's astute answer:

"When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED, and when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

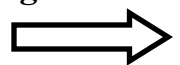
He won a trip round the world and a case of 25 year old Scotch!



### Birthdays continued:

- Annie Aguilar
- Peggy Poulsen
- Terrie Jacobsen
- Tom Gilmore
- John Hoffman
- Arnold Lind
- Linda Anderson
- Katherine Thornton
- Mary Koester
- Karin Hellebrect
- Linda Brown
- Kathy MacIntyre
- Rosa Rivera
- Eleanor Smith
- Jonathan Braun
- Charlene Perrine
- Jack Cohen
- Marjorie Brandt
- Florence Logsdon
- Virginia Leak
- Donna Maccini
- Don Trammel
- Meridee Katz
- Michael Chillinsky
- Mario Orlando
- Richard Hilton
- Linda Silva
- Margaret Saler
- Joe Auresto
- Iris Fridrichsons
- Deb Dodds-Delia
- Valerie Flannery
- Bernadette Viduarri
- Larry Wilson
- JoAnn Dolan
- Vi Sarachman
- Mary Waldron
- Nancy Almberg
- Jeannie Ramsey
- Ron Blanding
- Geraldine Cover

The 90+ Club Is On Page 3

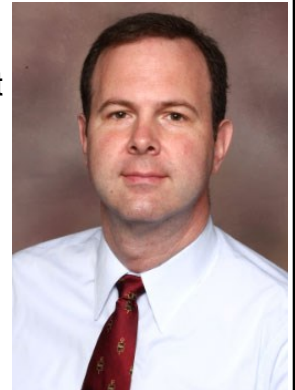


## North County Audiology Offers Bridlewood Members Sweet Deal

Page 3

If you have priced hearing aids lately, you will want to read this. Bridlewood and North County Audiology have partnered together to offer you unbelievable hearing aids at an unbelievable price.

North County Audiology's goal is to provide you with a hearing doctor who is knowledgeable, experienced, friendly, and successful. They provide the San Diego community with an audiologist that patients have been looking for. Dr. Podlenski is both friendly and professional, and takes the time to listen to the patient's concerns.



- \* Free Hearing Test.
- \* Top Quality Hearing Aids for \$525 each
- \* 45 Day Money Back Guarantee

Call today at 858-674-1910 to set your appointment and let them know you're a Bridlewood Member to receive the discounted rate. They can be emailed at [info@northcountyaudiology.com](mailto:info@northcountyaudiology.com)

## Should You Get The Shingles Shot?

Your risk of shingles and post-herpetic neuralgia (PHN) increases as you get older. CDC recommends that people 60 years old and older get shingles vaccine to prevent shingles and PHN.

### Who Should Get Shingles Vaccine?

People 60 years of age or older should get shingles vaccine. They should get the vaccine whether or not they recall having had chickenpox, which is caused by the same virus as shingles. Studies show that more than 99% of Americans aged 40 and older have had chickenpox, even if they don't remember getting the disease. There is no maximum age for getting shingles vaccine.

Even if you have had shingles, you can still receive shingles vaccine to help prevent future occurrences of the disease. There is no specific length of time you must wait after having shingles before receiving shingles vaccine, but generally you should make sure the shingles rash has disappeared before getting vaccinated. The decision on when to get vaccinated should be made with your healthcare provider.

## 90 + Birthday Club

1. Marion Patterson 96
2. Genevieve Bredesen 94
3. Phyllis Cerise 94
4. Jean Caswell 92
5. Anna Frost 92
6. Edwin Weaver 92



Shingles vaccine is approved by the Food and Drug Administration for people aged 50 years and older. However, CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old. Protection from shingles vaccine lasts about 5 years, so adults vaccinated before they are 60 years old might not be protected later in life when the risk for shingles and its complications are greatest.

**Note: Don't pay more than \$100 for the shingles shot. Costco will administer the shot and you don't need a membership to go to the pharmacy.**

When Susan first noticed the cavity about six months ago, she tried to book a dentist's appointment, but she had trouble finding a practice that would take her Medicare insurance plan.

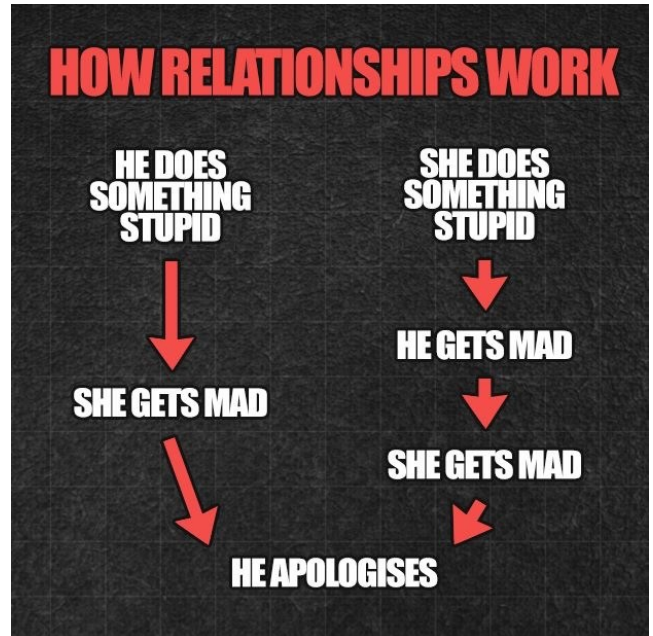
"Every time I tried to schedule it, it was a two to three month wait" for an appointment.

The cavity got worse. Finally, she found the closest dentist that would see her. The dentist told her she would need a root canal and it would cost \$1,000. "He told me to come back when I had the money," she said. As a baker at Panera Bread, she knew it would be a while before she did. She applied for and received a loan through CareCredit, a medical financing company, but it was a few hundred dollars short. So she waited some more—and tried to ignore the pain that was now shooting through her jaw.

Finally, she called her Bridlewood Agent and within an hour, Susan was setup with dental insurance and an appointment to see a Bridlewood Preferred dentist later that day.

There are different kinds of dental plans. PPO plans, HMO plans and Discount plans. Each have their Pros and Cons but generally there is one to fit each budget and need.

Go to the Bridlewood web site and clicking on Products, <http://bridlewoodinsurance.com/products-referrals/> You will find up to 100 different dental plans to choose from. By comparing the different benefits and cost, you can determine the plan that is right for you.



Don't wait until the pain starts. Take control of your teeth now and talk with your Bridlewood agent about the right dental plan for you.

## Personal Notes: 2016

I'm really looking forward to 2016 to see how things turn out. I'm excited to see if my daughter Lexy gets accepted to the U.C. Davis Veterinary school this summer. Davis is the Harvard of Veterinary schools in this country and thousands of hopefuls apply and only a few are accepted.

I'm excited to see if my daughter Madison gets a full time teaching job. She has been substituting for 4 years and is trying to get hired in the Poway school district. I can't believe with all the people we know that we can't get her an opportunity to teach. So here's my proposition, I will offer \$1,000 to the person that sets up the interview that results in her getting a full time teaching position.

Have you been watching and following the Republican presidential race? Are we really looking at a Trump vs Hillary election? Well, by the end of 2016, we will know.

Finally, I worry about all the shootings going on. With two girls in college, I feel like I'm sending them into a war zone. Do you know there have been 52 school shootings in 2015? Where does it end? How do you stop it? Hopefully in 2016 we will get some answers.

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