



March Birthdays

Carole Abbott
 Edward Brenner
 Joseph Brunner
 Marilyn Callipari
 Marita Bugado
 Mary Brenner
 Elizabeth Chiment
 Robert Cordova
 Freda Delashaw
 Jose Dioso
 Hiroko Fukuhara
 Gwinn Gibson
 Susan Kazmarek
 Gerald Marquard
 Josephine Martin
 James McFarland
 Barbara Murray
 Phyllis Pape
 Sigrid Ricker
 Margaret Risse
 Sara Robinson
 Richard Sharp
 Aurora Zamar
 Oscar Ayala
 Sue Diaz
 Tamara Bodine
 Martha Brown
 Dolores Foder
 Elizabeth Goldsberry
 Barbara Henslee
 Karen Hoy
 Paulette Millander
 Larry Schwimmer
 Marion Showers
 Barbara Tieman
 Shirley Trochta
 Deanna McHose
 Janice Russ
 Edward Perry
 Kathleen Protocollo
 Rochelle Dowd
 Cynthia Particelli
 Lombardo Detrinidad
 Christine Jackson
 Chong (Kim) Standen

BRIDLEWOOD NEWS

BRIDLEWOOD IS COMING TO SCRIPPS



Bridlewood and Scripps Working Together



We are proud to announce that Bridlewood will now have a bigger role at many of the Scripps, San Diego facilities.

We have been asked to have information booths set up at many of their 26 locations. We will also be part of their Medicare educational events, and take part in other joint efforts to bring our Medicare expertise to their existing patients. Bridlewood will continue to help many of our new Medicare customers determine if Scripps doctors and facilities might be a good fit for them.

Here is Some Background on Scripps:

Why choose Scripps?

With Scripps Clinic, you have access to a team of more than 600 highly skilled, board-certified doctors in more than 60 disciplines, including many specialists and surgeons who are rated among America's best by U.S. News & World Report in the specialties such as:

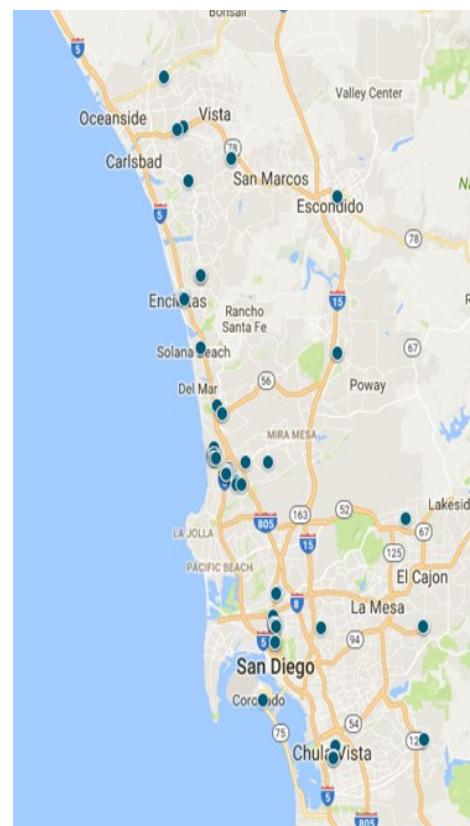
- * Diabetes & Endocrinology (ranked 24th in the country)
- * Cardiology & Heart Surgery (ranked 28th)
- * Pulmonology (ranked 32nd)
- * Orthopedics (ranked 34th)
- * Gastroenterology (ranked 45th)
- * Geriatrics (ranked 48th)

Scripps also has Clinics, Specialty Centers, Hospitals and Well Being Centers across all of San Diego and north county. To see a list of locations and addresses, go to

www.Scripps.org

Scripps Health provides programs, events, services and information to help our community members take proactive steps to boost their health and stay well. To find ways to eat healthier, live longer and prevent disease, they offer classes and events, provide wellness tips, and you can get healthy recipes and browse their health library. They provide a monthly e-newsletter that contains much valuable and relevant health news, along with upcoming class and event schedules.

If you have an interest in learning more about Scripps,
Please call Bridlewood at (858) 753-1920.





March Funnies

(Please do not read if you are easily offended!)

WHY WOMEN ARE SMARTER THAN MEN

A woman and a man were involved in a car accident; it was a bad one.

Both of their cars were totally demolished but amazingly neither of them were hurt. After they crawled out of their cars, the woman said, "So you're a man, that's interesting. I'm a woman. Wow, just look at our cars! There's nothing left, but fortunately we are unhurt. This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days."

The man replied, "I agree with you completely."

"This must be a sign from God!" The woman continued, "And look at this, here's another miracle. My car is completely demolished but this bottle of wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune."

Then she handed the bottle to the man, The man nodded his head in agreement, opened it and drank half the bottle and then handed it back to the woman. The woman took the bottle and immediately put the cork back in and handed it back to the man.

The man asked, "Aren't you having any?"

The woman replied, "No. I think I'll just wait for the police.

IRISH HUMOR FOR ST. PATTY'S DAY

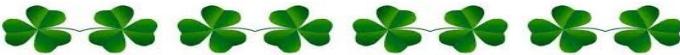
Dr O'Mahony tells his patient: "I have bad news and worse news, John."

"Oh dear," John replies. "What's the bad news?" asks the patient.

The doctor replies: "You only have 24 hours to live."

"That's terrible," says the patient. "How can the news possibly be worse?"

Dr O'Mahony replies: "I've been trying to contact you since yesterday."



An Irishman is struggling to find a parking space.

"Lord," he prayed. "I can't stand this. If you open a space up for me, I swear I'll give up the Guinness and go to mass every Sunday."

Suddenly, the clouds part and the sun shines on an empty parking spot. Without hesitation, the Irishman says: "Never mind, I found one!"



Paddy goes into a bar and orders seven shots of tequila and one Guinness.

The barman lines up shots and goes to get the Guinness.

When he comes back with the pint, all seven shots are gone.

The barman says: "Wow! You sure drank those fast."

Paddy explains: "You would drink fast too if you had what I have."

The barman asks: "What do you have?"

Paddy reaches into his pocket and says: "Fifty cents!"



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Birthdays Continued:

Maria Gomez
 Brigitte Gilmore
 Rosenda Kirpalani
 Janette Hodges
 Denise Sharp
 Ralph Schafer
 John Bugado
 Francis Wallace
 Gary Madison
 Joan Bonahoom
 Willard Smith
 Margaret Drohan
 Diane Schafer
 Khaireff Khatibi
 Jean Berghouse
 Carol Munhofen
 Sandra Gomez
 Janis Lawless
 Cheryl Wierwille
 Timothy Truesdell
 Laksham Kirpalani
 Thomas Ruggles
 Gloria Hendrickson
 Ralph Robinson
 Yvette Curtis
 Vincent Borges
 Karen Phillips
 Joan McGrenera
 Le Perry
 Eva Behrens
 Margie Boer
 Herbert Haemmer
 David Walker
 Stanley Taylor
 Henry Geffroy
 Alicia Gregory

See the 90+ Club on page 3



Shingles Vaccination: What Everyone Should Know

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.

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Shingles vaccine has been used since 2006. Zostavax® is the only shingles vaccine currently approved for use in the United States. This vaccine reduces the risk of developing shingles by 51% and PHN by 67%. It is given in one dose as a shot, and can be given in a doctor's office or pharmacy.

Who Should Get the 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.

The Zostavax is considered a Tier-4 level medicine and is covered under your part D drug coverage. Most plans list your tier-4 level co-pay at \$100. So don't pay more than \$100 for your shingles shot and if you find a special for less, then take advantage of it!

Bridlewood recommends you get your shingles shot at Costco, and you DON'T have to be a member.



Birthdays Continued:

Mary Blackman
Norma Montano
Frank Ciotti
Margaret Liggett
Patricia Peterson
David Furukawa
Tim Jobe
Bruce Marchu

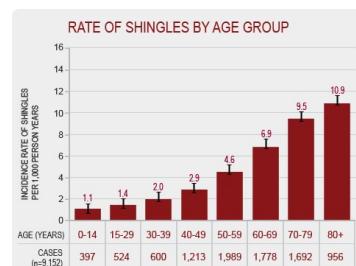
90 + Birthday Club

1. Frances Reinach -101!!

2. Marion Besse - 94
3. James Connolly - 92
4. Mary Donahue - 92
5. Laurene Tweed - 90
6. Ellen Wallace - 93
7. Hedy Zuber - 96
8. Gladys Funk - 93
9. Ermont Jennings - 93
10. Eva Behrens - 90
11. Anthony Colello - 95

Happy Birthday to ALL & I hope you enjoy your day!!

Peo-



The Flu Shot - Why It's Important

Every year millions of people are affected by the flu, which is a serious viral disease that affects the nose, throat and lungs. Your risk of getting it can be greatly reduced by receiving an annual flu shot.

Every flu season is unique and this disease affects people differently. According to the Centers for Disease Control and Prevention (CDC), 5% to 20% of the US population will get influenza every year, and of those, about 200,000 will need to be hospitalized, with anywhere between 3,000 and 49,000 deaths occurring each year.

The best way to prevent getting the flu is vaccination, and since the flu virus changes from season to season, it is very important to get a new flu shot each year. No matter how many times you wash your hands, you still breathe, and if you breathe air carrying the flu germs, you can get it.

Serious problems related to the virus can also occur, including ear infections, sinus infections and even pneumonia. Especially in seniors, pneumonia is a very dangerous affliction to deal with. The flu season usually begins in October and lasts as late as May.

If your primary doctor doesn't offer the flu shot, you can get one at most pharmacies, usually with no appointment necessary.

Bridlewood recommends members with a Unitedhealthcare Medicare plan to call the Nurseline at 1-877-365-7949 to find the nearest flu shot facility nearest to you.





Referrals For March

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Jeff Lee referred Mary McEachern

Sybil Carlson referred Matt McGrath

Janie Ramshaw referred Anne Elliott

Sybil Carlson referred Oliver Zappia

Agnes Cheung-Markin referred Bruce Marchu

I try hard to recognize every referral I am aware of, but if I missed anyone, please let me know! If you have sent me a referral, just send me a quick email so that I won't forget it.

I want all of you to know that it is my privilege to serve you, and the greatest compliment you pay me is the referral of your family and friends.

Personal Notes:

I just had a birthday a week ago, and I realized I'm only 10 years away from writing my own Medicare application. Yikes!! (Or I could have my wife or son or daughter write it.)

Anyway, I have begun to realize that I need to start taking better care of myself, so I'll be around for many years to come. I go to the gym every morning and do my cardio, but I'm starting to recognize that isn't doing much for my waistline. I might have to start doing some circuit training or pumping weights. Next, I have ordered tons of NutriSystem meals, but I'm figuring out that if I eat three of those a day, and drink a few of my favorite beverages (Sculpin beer), I'm not making any progress. I guess even my kids are trying to help - they gave me a Fitbit for Christmas. Thanks guys! That is the one thing that does seem to be helping, as it irritatingly sends me reminders when I'm not even close to my number of steps for the day.

My wife and I just went on a Mexican Riviera cruise. When we got to Puerto Vallarta, we had decided we would go zip-lining. The ride to the site was an adventure in itself. We were riding in a bus that was open all the way around, kind of like a giant jeep. As the driver careened down the busy downtown streets, I realized that I should pay attention to the warning "keep your arms and hands inside the vehicle at all times". We were zipping past other vehicles with only a couple of inches between us! And as the crazy driver was flying down the winding road, I saw my life flash before my eyes, as I held my breath that one of the wheels didn't slide off the road and drag us over the sheer cliffs we were navigating. After we got to the site and got all our gear on, we did several short zip lines. I knew things were bad when we got to the longest, fastest run and the instructor told the skinny girl in front of me, "start braking when you are about 15 feet away from the other side". Then he hooked me up and said, "you need to start braking about 3 seconds after you step off this platform". I guess that was his polite way of saying, you have a lot of "kinetic energy".

I've determined that what I need is a diet plan that allows me to eat and drink whatever I want, do a minimal amount of physical activity, and gives me a lean, mean physique. If any of you know of a diet like that, please let me know! **Enjoy your St. Patty's Day!!**

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