



April Birthdays

Irving Wolpin
David Gilbert
Janet Wiggins
Marcus Mueller
Allan Salkin
Jayant Vasani
Elizabeth Shields
Janet Grossman
Yolanda Bruan
Martha Grimm
Carel Abresch
Ardth Edwards
Janet Vaughan
Auralie Finch
Sarah Muller
Erna Keele
Roman Krupczak
Miguel Ramirez
Raymond Alcorn
Frederick Kennedy
Albert Abbott
Manny Saadat
Daniel Rios
Craig Lymer
Sharon Myers
Roger Bernard
Charles Lekus
Delores Thweatt
Lloyd Turrentine
Sharon Larsen
Arlene Austreng
William Hansen
Terry Kaiser
Vicki Lonn
Gloria McHale
Ron Fender
Dale Frank
Richardo Garcia
Pamela Clark
Christine Blackman
Raquel Perez
Nancy Baker
Edward Blitz
Joanne McKinney
N Elizabeth Fried
Pamela Horn
Todd Setzer
Katharine Klene
Rick Russ
David Harrington
Sue Erickson
Jafar Hosseini
Suanne Van Natten
Cont. Page 2

HEALTHY NEWS

HIGH QUALITY HEARING AIDS FOR \$475

Dr. Ken Podlenski of North County Audiology has a special offering only available to **Healthy News Members**. New hearing aids available from Oticon, are available for **\$475**. Oticon is a global hearing aid manufacturer since 1904.



- Oticon hearing aids come in a full range of styles, from **invisible in the ear canal devices** to the popular (and nearly invisible) receiver in the ear style hearing aids
- Oticon hearing aids come with a **2 year repair warranty** (renewable) and a 1 year loss and damage warranty (renewable)
- Oticon hearing aids are **Bluetooth compatible** (can stream cell phones calls, TV signal, and landline phone calls wirelessly into the hearing aids via optional equipment)
- Dr. Podlenski is **offering FREE Hearing** screenings to **Healthy News Members** and a **60 return period** with no pressure to keep Hearing Aids that a patient is unhappy with.

Even if you don't feel you need a hearing aid, just the free hearing screening is of value. Scientists at Johns Hopkins have found that brain tissue is lost in those with hearing loss. They have found that loss of brain tissue is likely related in some way to memory issues and possibly dementia. It doesn't mean hearing loss causes dementia, but they say hearing loss could be another factor that makes an individual more susceptible to dementia. Basically every adult 55+ should have a baseline hearing test...

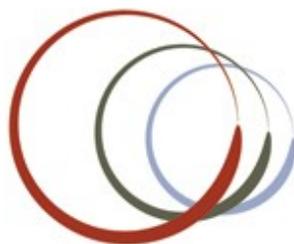
North County Audiology and Dr. Podlenski are previous winners of San Diego Union Tribune's "Best Audiologist" in San Diego, and they are located at: 12396 World Trade Drive, Suite 205 San Diego 92128. Their phone number is **858-674-1910**

Dr. Podlenski Comes With My Highest Recommendation

This is about half the cost of Costco and twice the warranty that many others are offering.

No Cost Hearing Test for Healthy News Members

... Call 858-674-1910 to set your appointment and tell them Jeff From **Healthy News** sent you !!



NORTH COUNTY
AUDIOLOGY



April Funnies

(Warning, please don't read if you are easily offended)

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup. As he watched, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them. Then he poured half of the soft drink into the extra cup and set that in front of his wife. The old man then began to eat, and his wife sat watching, with her hands folded in her lap. The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs. The old gentleman said, "Oh no. We've been married 50 years, and everything has always been and will always be shared, 50/50." The young man then asked the wife if she was going to eat, and she replied, "It's his turn with the teeth."



Two elderly guests, Martin and Chris, attended a party given by a business associate to mark his daughter's engagement to a man she had been living with for three years, were grumbling about the decline in moral standards. 'All these people sleeping together before they're married,' Martin muttered indignantly. 'I didn't sleep with my wife before we were married. Did you?' 'I don't know,' answered Chris thoughtfully. 'What was her maiden name?'

A priest dies and is waiting in line at the Pearly Gates. Ahead of him is a guy who's dressed in sunglasses, a loud shirt, leather jacket, and jeans. Saint Peter addresses this cool guy, 'Who are you, so that I may know whether or not to admit you to the Kingdom of Heaven?'

The guy replies, 'I'm Jack, retired airline pilot from Houston.' Saint Peter consults his list. He smiles and says to the pilot, 'Take this silken robe and golden staff and enter the Kingdom.' The pilot goes into Heaven with his robe and staff.

Next, it's the priest's turn. He stands erect and booms out, 'I am Father Bob, pastor of Saint Mary's for the last 43 years.' Saint Peter consults his list. He says to the priest, 'Take this cotton robe and wooden staff and enter the Kingdom.'

'Just a minute,' says the good father. 'That man was a pilot and he gets a silken robe and golden staff and I get only cotton and wood. How can this be?'

'Up here - we go by results,' says Saint Peter. 'When you preached - people slept. When he flew, people prayed.'



Birthdays Cont:

Joan Perron
Helle Powell
Carole Bennett
Pete Homan
Virginia Reed
Linda Chou
Virginia Clagett
Kerstin Liedberg

Congratulations to the 90 + Club

1. Irving Wolpin 94
2. Carel Abresch 93
3. Ardth Edwards 90
4. Janet Vaughan 90

Happy Birthday to all our April Healthy News Members I hope you make it a Special Day.

Didn't see your birthday listed? It's probably because I'm not your agent of record!

Lets change that!

Most people got married in June because they took their yearly bath in May, And they still smelled pretty good by June.. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests And would all sit around and chew the fat. Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Lead cups were also used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom; "holding a wake."

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be, "saved by the bell" or was "considered a dead ringer."

Healthy News April 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.

Rosa Schaffer referred **Roberto Esparza**

Helene Freemon referred **Ruben Espinosa**

Ron & Roberta Fender referred **Ed Harrington**

Bob & Susan Pliner referred **Connie McCall**

Joe & Sharon Hewitt referred **Sandra Wolfe**

Marcia Harrod referred **Julie Hoyt** **Allan Salkin** referred **Laurie Wenger**

Pat Meyer referred **Irene Bachman** **Jean Reichert** referred **Jayne Reichert**



As a **Thank You** to those that are out promoting and referring new members to me, for the month of April, a **Subway Gift Card** will find it's way to you. This year I ask that each of you find that one person that needs help with their Medicare insurance. I'm looking for the folks that are going to turn 65 in 2014, those that are on other Medicare plans in San Diego, and those that are on Medicare but don't have any idea what kind of plan they have, or who their agent is. Let's get them enrolled with Healthy News and

Let's Help As Many As We Can !!

Arch Health Partners and Vision Coverage

With Arch Health partnership with Sharp Healthcare back in November 2013, there has been a question of where to go to use the Vision coverage that comes with the UnitedHealthcare plans. That question has been answered, Tami Weigold, Director of Marketing and Communications at ArchHealth Partners informed me to send the patients to Hidden Valley Eye Associates located at 810 East Ohio Street in Escondido. There phone number is 760-746-3937 and the web site is <http://hiddenvalleyeye.com>



Advantage Plan Market 2014 San Diego County

The chart below is a breakdown of all the 185,849 Medicare Advantage Plan members in San Diego at the start of 2014. As you can see Kaiser and UnitedHealthcare (UHG) have 73% of the San Diego market. You can also see how many members each company had at the end of 2013 and how many gains or lost during Open Enrollment that runs between Oct 15th—Dec 7th. I found it interesting that UnitedHealthcare gained the most members with 1,037 and Wellpoint (Easy Choice) lost 1,999 members.

County	CurrentParentAdj	Dec13	Jan14	YTD2014	Jan14 Share
San Diego	Kaiser	74,043	74,168	125	40%
San Diego	UHG	59,996	61,033	1,037	33%
San Diego	Health Net, Inc.	13,473	13,233	(240)	7%
San Diego	Scan	10,264	11,063	799	6%
San Diego	Care1st Health Plan	8,490	8,537	47	5%
San Diego	WellPoint	6,635	4,636	(1,999)	2%
San Diego	Humana	2,649	3,569	920	2%
San Diego	Aetna	2,633	2,779	146	1%
San Diego	WellCare Health Plans, Inc.	2,200	2,322	122	1%
San Diego	Molina Healthcare, Inc.,	1,716	1,735	19	1%
San Diego	Community Health Group	1,237	1,228	(9)	1%
San Diego	California Physicians' Service	712	982	270	1%
San Diego	Community Eldercare of San Diego	268	273	5	0%
San Diego	BCBS MI	250	253	3	0%
San Diego	Highmark Inc.	39	38	(1)	0%
San Diego Total		184,605	185,849	1,244	100%

Personal Notes:

My daughter, and baby of the family, is a junior at Poway High. Everyday she packs two bags, one with books and classroom assignments, and one with gear for whatever sporting event she is now in. Currently, basketball season is over with a loss to Norco in the state playoffs on Tuesday night, but on Wednesday morning, instead of packing her basketball bag, she now packs for Track practice for the rest of the school year.

I love watching her run, but it's not like watching her compete in a basketball game which takes an hour or so to finish. In track, her events are the 100 meter and 300 meter hurdles. The problem with this is they are over in 17 seconds and 52 seconds. So she may have a track meet in whatever city, Vista, Chula Vista, or sometimes in L.A. county, and the time and effort it takes to get to these places to watch her compete for 17 seconds often seems ridiculous.... run, and then it's over, time to go back home. To many people, it would be easy to say, "it's not worth my time", but I look at her packing her bag every morning, never complaining, knowing full well most kids finish school, come home and plop themselves on the couch and turn on the latest video game, and I think, "it's the very least I can do". The look of pride on her face, when she picks me out up in the stands, and we share a thumbs up and a smile for a race well run, that's the reason it is so WORTH it. At the end of the day, I don't care if the race is in a phone booth in the middle of China, I'll be there!

Jeff Wetzel, President of Bridlewood Insurance Services

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