



## October Birthdays

Jerome Austreng  
 Gene Johnson  
 Peter Olds  
 Evelyn Lasswell  
 Ted Gaasch  
 William Lindsay  
 Gordon Henslee  
 Julie Guinane  
 Dolores Ramirez  
 Gary Crandall  
 Charles Zaremba  
 Joann Trout  
 Chris Cannizzaro  
 Clifford Merriott  
 Walter Young  
 Emily Macon  
 Glenn Griffith  
 Sharon Barbin  
 Donald McGrenera  
 Arlene Tessel  
 Frank Torres  
 Chrisoula Towl  
 Evelyn MacNamara  
 Charlene Apple  
 Nancy Deering  
 Doris Brown  
 Margarete Sollmann  
 Stella Franks  
 Sybil Carlson  
 Farrell Larsen  
 Donald Brenner  
 Melinda Bloom  
 Theresa Rios  
 James Taylor  
 Jean Allen  
 Joan Suffredini  
 Peter Portanova  
 Audrey Solo  
 Carolyn Ekstedt  
 Marcia Robinson  
 Thomas Day Jr  
 Richard Grothen  
 Rosalinda Holgado  
 Maurice Recame  
 Therese Dolkas  
 Shari Griffin  
 Thomas Graham  
 Matilde Warren  
 Albert Gomez  
 Lynn Cassidy  
 John Blankenbeckler  
 Gary Carmichael  
 Barbara McCluan  
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# HEALTHY NEWS

## BRIDLEWOOD SENIOR MAGAZINE PREMIER

Bridlewood Insurance is publishing it's own magazine and the first edition is coming out in October. Bridlewood Senior Magazine is a way for you to become familiar with the hard working agents and read their biographies, look up the preferred partners we work with, and read interesting stories that affect your everyday life. Bridlewood will publish a fall and spring edition, and it will be available to all Healthy News members, and at Senior Centers, Grocery Stores and to those partners that advertised with us.

Many times I am asked if I know a good trust attorney, or financial planner, or accountant? Should I get a long term care policy, or do you know of someone that does reverse mortgages that you trust.? Bridlewood Senior Magazine only allows preferred partners to advertise with us. Their services have to be fully vetted and signed off by one of our trusted agents before they are allowed to partner with Bridlewood. This will help deliver the peace of mind, that you are working with a quality professional that you can trust. Look for your copy of Bridlewood Senior Magazine coming soon.



### High Quality Hearing Aids For \$475 - Only Through Healthy News

Dr. Ken Podlenski, of **North County Audiology**, has a special offering only available to Bridlewood Insurance members. Brand new Oticon hearing aids are available for **\$475**. Oticon has been a global hearing aid manufacturer since 1904.

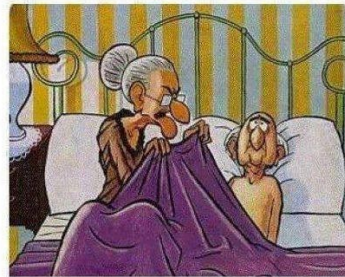
- Oticon hearing aids come in a full range of styles, from **invisible in the ear canal devices**, to the popular (and nearly invisible) receiver in the ear style hearing aids
- Oticon hearing aids come with a **2 year repair warranty** (renewable) and a 1 year loss and damage warranty (also renewable)
- Oticon hearing aids are **Bluetooth compatible** - which means you 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 day return period**, with no pressure to keep Hearing Aids that a patient is unhappy with. Call North County Audiology today at **858-674-1910** to schedule your appointment.



# October Funnies (Please don't read if you're easily offended)

## Road Trip

While on a road trip, Herbert and Joan stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant, and resumed their trip. When leaving, Joan unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes. By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve Joan's glasses.



YOU DIDNT SAVE ANYTHING FOR RETIREMENT DID YOU???

All the way back, Herbert became the classic grouchy old man. He fussed and complained, and scolded poor Joan relentlessly during the entire return drive. The more he complained, the more agitated Herbert became. He just wouldn't let up for a single minute. To Joan's relief, they finally arrived at the restaurant. As Joan got out of the car, and hurried inside to retrieve her glasses, old Herbert yelled to her, "While you're in there, you might as well get my hat and the credit card."

## Secret to a Long Happy Marriage

Linda was sipping on a glass of wine, while sitting on the patio with her husband Bob, and she said, "I love you so much. I don't know how I could ever live without you"... Bob asked her, "Is that you talking or the wine talking?"... Linda replied, "it's me...talking to the wine."

## Marry an Accountant

A sickly patient went to her doctor's office, where she underwent a complete physical exam. The doctor said, "I have some very grave news for you. You only have six months to live." The patient asked, "Oh doctor, what should I do?" The doctor replied, "Marry an accountant." "Will that make me live longer?" asked the patient. "No," said the doctor, "but it will SEEM longer."



Over five thousand years ago, Moses said to the children of Israel, "Pick up your shovels, mount your asses and camels, and I will lead you to the Promised Land." Nearly 75 years ago, (when Welfare was introduced) Roosevelt said, "Lay down your shovels, sit on your asses, and light up a Camel, this is the Promised Land." Today, Congress has stolen your shovel, taxed your asses, raised the price of Camels and mortgaged the Promised Land! I was so depressed last night thinking about Health Care Plans, the economy, the wars, lost jobs, savings, Social Security, retirement funds, etc .... I called a Suicide Hotline. I had to press 1 for English. I was connected to a call center in Pakistan. I told them I was suicidal. They got excited and asked if I could drive a truck..... Folks, we're screwed.



## Birthdays Cont:

- Diane Hoptar
  - Mary Rubalcava
  - J.D. Fear
  - Dolores Wingate
  - Lloyd Barnes
  - Francisco Rubalcava
  - Barbara Zimmer
  - Rose Borges
  - Edwina Vanscoder
  - Leanne Page
  - Edward Hocking
  - Karen Heinrich
  - Gail Morris
  - Beverlee Poppish
  - Jonny Gu
  - Jimmy Dutton
  - Derek Tatum
  - Joseph Vosmik
  - Lita Kennedy
  - Eileen Durkee
  - Rudy Gulde
  - Ronald McKinney
  - Monique Najafi
  - Craig Hayden
  - Cathryn Nurnberger
  - Rocco Baldino
  - Nancy Shahan
  - Walter Szandzik
  - Lucille Dalbey
  - Connie McCall
  - Norman Kear
  - Howard Auten
  - Warren Pape
  - Pat Kujawski
  - Barbara Sanders
  - Peggy Lafferty
  - Kim Phan
  - Teresa Goode
  - Fe Alcorn
  - Stephanie Kicinski
  - Wendy Keller
  - Phil Sager
  - Scott Lawn
- Special Happy Birthday to all our October members**

90+ Club Members  
Continues on  
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## Coast Care Partners Is There To Help

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 Caregiving 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 I could be certain that if any "issues" arose, my phone calls would 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 are on our web site [BridlewoodInsurance.com](http://BridlewoodInsurance.com) Just click on "Referrals" and "In Home Care".

### The 90 + Club Members For October

**Ruth Crandall 95**

**Chris Cannizzaro 95**

**Peter Olds 93**

**Cliff Merriott 91**

Happy Birthday to our club members.

That's what clean living and reading Healthy News each month will do for you !!

## Weekend Road Trip Idea

If you have not yet experienced the Orfila Vineyards & Winery in Escondido, you should know, it is an ultra-premium boutique winery, nestled in the picturesque San Pasqual Valley, within a 10,000-acre agricultural preserve. It is only about 30 minutes from San Diego, on the way to the San Diego Zoo Safari Park. Treat yourself to wine tasting and a vast array of gourmet delectables, including heart-healthy olive, avocado and grapeseed oils, artisan breads, meats and cheeses. They also have wine-related gifts, books, candles, art and chocolates.

Visitors can explore their second tasting location, in the beautiful mountain resort of Julian, near the spectacular Anza Borrego Desert. Enjoy the Wynola Farms weekly "Music at the Marketplace" series, on select Sundays at 12:00 pm. The event takes place on the new back patio of Wynola Farms Marketplace, overlooking Volcan Mountain, just 40 ft. away from Orfila's Julian Tasting Room doors. "Music at the Marketplace" features local musicians, along with healthy BBQ from Wynola's Daily Perc Coffee Shop. The BBQ includes grass-fed beef burgers and veggies, salmon burgers and other delicious selections for purchase. Orfila's address is: 13455 San Pasqual Rd, Escondido, CA 92025, and Wynola Farms address is: 4470 Julian Rd, Julian, CA 92036.

## Healthy News October 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 properly thank those responsible.

**Marilee Boyd** referred **Janis Nilsen**

**Tim & Ginny Siepel** referred **John Greenwood & Stephanie Kicinski**

**Jim & Shirley Ledgerwood** referred **Ron Collins**

**Helene Freemon** referred **Tom Behrle**

**Pete Masters** referred **Mary and Burt Blackman**

**Phil Thompson** referred **Charlotte Hyre**

**Jack Cohen** referred **Jiljean Walther**



As a **Thank You** to those that are out promoting and referring new members to me, for the month of September, a **Starbucks Gift Card** will be my 'thanks' to you. This year I ask that each of you think of that one person you know, 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 Bridlewood Insurance and **Let's Help As Many As We Can !!**

10/4/14	12:00pm	Sat	Escondido Performing Arts	340 N Escondido Blvd	Escondido	92025
10/10/14	2:00pm	Fri	Coco's	16759 Bernardo Center Dr	San Diego	92128
10/14/14	10:00am	Tues	Coco's	1280 W Valley Prky	Escondido	92029
10/15/14	2:00pm	Wed	Coco's	16759 Bernardo Ctr Dr	Rancho Bernardo	92128
10/16/14	10:00am	Thurs	Coco's	13464 Poway Rd	Poway	92064
10/18/14	10:00am	Sat	Broken Yolk	11630 Carmel Mtn Rd	San Diego	92128
10/21/14	2:00pm	Tues	Denny's	1946 Main St	Ramona	92065
10/22/14	2:00pm	Wed	Coco's	1280 W Valley Prky	Escondido	92029
10/24/14	10:00am	Fri	Coco's	16759 Bernardo Ctr Dr	San Diego	92128
10/28/14	10:00am	Tues	Coco's	13464 Poway Rd	Poway	92064
10/30/14	2:00pm	Thurs	Coco's	1280 W Valley Prky	Escondido	92026

A complete list will be available on the web site [www.bridlewoodinsurance.com](http://www.bridlewoodinsurance.com). Just click on "Upcoming Events." You can RSVP for any of the meetings online, or by calling **1-877-267-5514** and leaving a message.

### Older adults and friendship

As adults grow older, they often see their circle of friends and family getting smaller. The result can be isolation and loneliness, which may contribute to developing illness and depression. It is important for older adults to stay active and connected to other people. Being valued and cared for is important, and having good friends to confide in, can decrease feelings of isolation.

Older adults looking for new social connections have found success by volunteering, getting active in a worship community, taking a class, traveling with a group of like-minded seniors or working part-time. Check in your community publications and bulletin boards, for resources that are available for older adults. Ask friends who also have older adult parents for their suggestions.

**Finding friends** – old and new, friendships take time and effort, but your investment in good friends will pay off throughout your life. Your work and family demands may have caused you to lose track of old friends. It is never too late to enjoy the company of new friends, or get back in touch with friends from the past. Just make sure that reaching out to an old friend is welcomed by them. And keep in mind that friends you had in your youth may not be a good fit for your current lifestyle.

**Here are a few tips for finding new friends:**

**Keep it healthy.** Friends, even new ones, enjoy each other's company and share easily. If you are uneasy with your new friendship, listen to those feelings. A person who takes advantage of your kindness (including money), is super critical or wants to control you may not be the friend you are looking for.

**Shared interests.** Friendship is often started because you have something in common. Pursue activities you enjoy and you may find a new friend enjoying the same activities. Perhaps you can find a new interest that you can both enjoy.

### Personal Notes:

One of the joys of being in my position is having a positive impact on peoples lives. A couple of weeks ago, I received an email from an agent that wanted to join Bridlewood. I called her to talk with her and her name, Karen Phillips, rung a bell, but I couldn't place where I knew her from. So I asked, "have we met before", and she replied, "Yes, you signed me up with my Medicare insurance. You had an article in Healthy News some months back about getting licensed and joining Team Bridlewood, so here I am!" Karen is our second 'member agent', as Carmen Saunders is also on Team Bridlewood. Go see Karen and Carmen at [Bridlewoodinsurance.com](http://Bridlewoodinsurance.com) and click on "Meet the Agents" or read about them later this month in the Bridlewood Senior Magazine. **Jeff Wetzel, President of Bridlewood Insurance Services**

Toll Free **1-877-267-5514** Web Site: [www.bridlewoodinsurance.com](http://www.bridlewoodinsurance.com) Email: [Info@jeffwetzel.com](mailto:Info@jeffwetzel.com)