



**March Birthdays**

- Gloria Hendrickson
- Ermont Jennings
- Ellen Wallace
- James Connolly
- Laurene Tweed
- Edward Brenner
- Joan Bonahoom
- Gladys DeBoer
- Brigitte Gilmore
- Mary Brenner
- Barbara Henslee
- Margie Boer
- Kathleen Protocollo
- Robert Cordova
- Barbara Tiernan
- Gail Tyler
- Henry Geffroy
- Patricia Recame
- Frances Reinach
- Hedy Zuber
- Gladys Funk
- Joan McGrenera
- Thomas Ruggles
- Oscar Ayala
- Sara Robinson
- Janis Lawless
- Timothy Truesdell
- Marilyn Callipari
- Carole Abbott
- John Bugado
- Cynthia Particelli
- David Walker
- Marion Showers
- Hiroko Fukuhara
- Herbert Haemmer
- Eddie Perry
- Karen Hoy
- James McFarland
- Elizabeth Goldsberry
- Lawrence Schwimmer
- Francis Wallace
- Martha Brown
- Paulette Millander
- Mary Donahue
- Shirley Trochta
- Rosenda Kirpalani
- Khaireff Khatibi
- Patricia Peterson
- Carol Munhofen
- Kim Standen
- Maria Gomez
- Deanna McHose
- Lombardo Detrinidad

# BRIDLEWOOD NEWS

## On The Go Transportation For Older adults

Individuals age 60 years and older represent the fastest growing segment of San Diego County's population, with the number of residents expected to more than double by 2030. The lack of easy, accessible, and affordable transportation for seniors is a problem recognized at the national, state, and local levels. Compared with those who still drive, older non-drivers make 15% fewer trips to the doctor, 59% fewer shopping trips and visits to restaurants, and 65% fewer trips for social, family, and religious activities.

**On the Go is more than a ride**—it's independence, community connection, mobility, and dignity. On the Go consists of five components:

- \***On the Go Excursions** – Exciting, organized outings to locations throughout San Diego County and surrounding areas
- \***On the Go Shuttles** – Group transportation to religious events, shopping centers, lunch destinations, and other cultural outings and events
- \***Rides & Smiles** – Volunteer drivers provide individual transportation to medical and personal appointments.
- \***On the Go Silver** – Accommodates individual riders for personal errands and large groups for customized outings
- \***Taxi Scrip** – For transportation requests that cannot be fulfilled with On the Go drivers/vehicles

There is a \$20 enrollment fee to utilize **On the Go** services. Call their office at (858) 637-7320 and get rolling down the road.

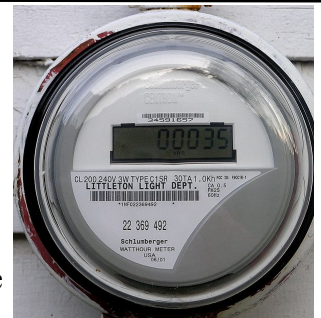
## Save 30% on Your Gas and Electric Bill

Certain medical needs may qualify you or someone in your home for savings averaging 30% per month on your gas and electric bill. Apply for the Medical Baseline Allowance program if you need to use more energy due to a qualifying medical condition.

Examples include:

- \* A requirement for permanent space heating or cooling due to paraplegia, quadriplegia, hemiplegia, multiple sclerosis, scleroderma, a compromised immune system or a life-threatening illness.
- \* Required use of a life-support device, such as an aerosol tent, apnea monitor, kidney dialysis machine, motorized wheelchair or respirator. (Devices used for therapy don't qualify: only medical devices that sustain life or are needed for mobility.)

You can get a **Medical Baseline Allowance application** and more information by visiting [sdge.com/medicalbaseline](http://sdge.com/medicalbaseline) or calling 1-800-411-7343. Eligibility requirements include having a physician certify the medical need by signing your application.





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

**Grandpa doesn't know everything** sent in by Mary

Billy was 4 years old and was staying with his grandfather for a few days. He'd been playing outside with the other kids, when he came into the house and asked, 'Grandpa, what's that called when two people sleep in the same bedroom and one is on top of the other?' His Grandpa was a little taken aback, but he decided to tell him the truth. 'Well, Billy, it's called sexual intercourse.' 'Oh,' Little Billy said, 'OK,' and went back outside to play with the other kids. A few minutes later he came back in and said angrily, 'Grandpa, it isn't called sexual intercourse. It's called Bunk Beds. And Jimmy's mom wants to talk to you.'



### Wrong Toilet

In a Chicago hospital, a gentleman had made several attempts to get into the men's restroom, but it had always been occupied. A nurse noticed his predicament. Sir, she said 'You may use the ladies room if you promise not to touch any of the buttons on the wall.' He did what he needed to, and as he sat there he noticed the buttons he had promised not to touch. Each button was identified by letters: WW, WA, PP, and a red one labeled ATR..

Who would know if he touched them? He couldn't resist. He pushed WW. Warm water was sprayed gently upon his bottom. What a nice feeling, he thought. Men's restrooms don't have nice things like this. Anticipating greater pleasure, he pushed the WA button. Warm air replaced the warm water, gently drying his underside.

When this stopped, he pushed the PP button. A large powder puff caressed his bottom adding a fragile scent of spring flowers to this unbelievable pleasure. The ladies restroom was more than a restroom, it is tender loving pleasure.

When the powder puff completed its pleasure, he couldn't wait to push the ATR button which he knew would be supreme ecstasy. Next thing he knew he opened his eyes, he was in a hospital bed, and a nurse was staring down at him.

'What happened?' he exclaimed. The last thing I remember was pushing the ATR button. 'The button ATR is an Automatic Tampon Remover' the nurse explained. 'Your penis is under your pillow.'

(Men never listen)

### High School Reunion

Husband takes the wife to her high school reunion, after meeting several of her friends and former school mates, they are sitting at a table where he is yawning and overly bored. The band cranks up and people are beginning to dance.

There's a guy on the dance floor living it large, break dancing, moon walking, back flips, buying drinks for people, the works.

Wife turns to her husband and says, "See that guy? 25 years ago he proposed to me and I turned him down." "Husband says: "Looks like he's still celebrating!!!"

### Birthdays continued:

- Jose Dioso
- Susan Kazmarek
- Vincent Borges
- Freda Delashaw
- Gerald Marquard
- Laksham Kirpalani
- Josephine Martin
- Denise Sharp
- Richard Sharp
- Karen Phillips
- Ralph Schafer
- Diane Schafer
- Marita Harmony
- Yvette Curtis
- Willard Smith
- Elizabeth Chiment
- Alicia Gregory
- Tim Jobe
- Gwinn Gibson
- Phyllis Pape
- Sigrid Ricker
- Joseph Brunner
- Tamara Bodine
- Mary Blackman
- Margaret Risse
- Eva Behrens
- Ralph Robinson
- Janis Russ
- Cheryl Wierwille
- Jean Berghouse
- Marion Besse
- Le Perry

### The 90+ Club

- Frances Reinach 99
- Hedy Zuber 94
- Gladys Funk 91
- Ermont Jennings 91
- Ellen Wallace 91
- James Connolly 90
- Mary Donahue 90

### Congratulations

That's what clean living and reading Bridlewood News will do for you!

# Upgrading Your Cell Phone? Sell Your Old Phone \$\$\$

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If you're upgrading your cell phone, why not make a bit of cash on the old one? Go to **SellCell.com** to get the most from your old phone SellCell.com is a cell phone recycling price comparison website. They compare prices from ALL the top phone buyers for the phone you want to sell.



- 1. Choose which company** you want to sell your cell to and click 'Sell Now' to go through to their site.
- 2. Ship Your Cell Phone For FREE:** After you have clicked through to your chosen cell phone recycle company fill in your details and follow the instructions to post your phone to them.
- 3. Check The Mail For Your Payment!** Once the cell phone recycle company has received and checked your phone they will send you payment. Sit back and wait for your cash or vouchers!

Cell phone recycle programs help you get the best out of your old cell phones, not only do they help you get cash for an unused or old phone but they allow you to do your bit for the environment. Without cell recycle companies we would end up with a huge collection of cell phones, and already there are estimates in the range of 200 million cell phones left unused in the US alone, a figure that is predicated to grow to 350 million unless cell phone recycle programs are put into action to help reduce that amount. **Here's an idea, If you want to start your own cell phone recycle program, then why not ask friends or family if they have any old phones that they no longer need? The more phones recycled = the more cash for you!**

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## Healthy News February Referrals

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. Look for your Starbuck's gift card in the mail.

**Rosemary Elliott** referred **Susan Chiaravalle**  
**Cheryl Delap** referred **Nancy Morrison**  
**Alan Ableman** referred **Nancy Hitchcock**  
**Bill and Sharon Ingram** referred **Rosemary Romero**  
**Ester Eros** referred **Carlota Hernandez**  
**Helene Freeman** referred **Anthony Burich**



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## Can't Stomach a Colonoscopy?

**Cologuard:** This new test requires no prep and can be done in the privacy of your home. You simply take a sample of a bowel movement and mail it to a lab for analysis. The lab looks for both blood and cancer-related DNA in the stool. The test detects 92% of colon cancers, and the \$599 cost is covered by Medicare and some insurers. You will need to repeat the test every three years.

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## Veterans Benefits You May Not Know About

Veterans are eligible for free burial in any of 125 VA national cemeteries, space permitting. Veterans' spouses are also eligible. The cemetery plot, headstone, transportation of the remains, burial with military honors, if requested, and grave upkeep are provided by the government at no charge. The casket and other funeral home expenses remain the responsibility of the family.

More information: Call the VA at 800-827-1000 for more information. You will need a copy of the vet's discharge papers. Burial at Arlington National Cemetery is subject to greater restrictions. For more information call 703-607-8585. If a vet prefers to be buried in a private cemetery, the VA still can provide a free headstone. Call the VA for more details, or visit [www.Military.com](http://www.Military.com) and submit VA Form 40-1330.

# What Social Security Isn't Telling You

Official estimates of your future benefits from the Social Security Administration can be both helpful and misleading. The agency has resumed mailing out the future-benefits statements after having halted the practice in 2011 to save money. Now you can expect to receive one every five years if you're 25 to 60 years old...or every year after age 60 if you are not yet receiving benefits, unless you have signed up to view annually updated statements on the Social Security website. Here's how your benefits estimate might mislead you:

**It assumes that you will continue at your current income level until you begin receiving benefits.** This means that your future benefits may be overestimated if your income was exceptionally high during a recent calendar year or if you intend to retire years before you claim your benefits. Your statement will probably underestimate your future benefits if your income climbs significantly before you retire.

**It ignores your spouse's (or ex's) income.** You could opt to claim a spousal benefit equal to 50% of your spouse's retirement benefit rather than your own, assuming that your marriage lasts at least 10 years. If your spouse or ex dies and you wait until your full retirement age, you could claim a survivor benefit equal to 100% of that spouse's benefit rather than your own benefit.

**It doesn't mention that your benefits might be taxed.** As much as 85% of your Social Security benefits might be subject to income taxes, depending on your income. That means many people will pocket much less from the Social Security system than they expect.

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## Some States Are Easing the Estate Tax Burden to Attract Retirees

Some states are easing the estate tax burden to attract retirees or keep them from moving to lower-tax states. The Tennessee estate tax exemption rises to \$5 million from \$2 million in 2015 and will disappear in 2016. Maryland's increases to \$1.5 million from \$1 million. Minnesota's rises to \$1.4 million from \$1.2 million. And New York's goes up to \$3.125 million from \$2.062 million. Maryland and New York will continue to increase thresholds every year until they match the federal exemption in 2019 (which is \$5.34 million in 2014 and \$5.43 million for 2015 and is adjusted for inflation annually). Minnesota's exemption rises \$200,000 a year until it reaches \$2 million in 2018.

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## Credit Karma offers Free Credit Scores with No Strings Attached

Credit Karma offers a new way to track your credit score and a unique way to benefit from it. For the first time you can get a truly free credit score and credit report with no hidden costs or obligations. Based on your score, you gain access to attractive offers from companies that value your creditworthiness.

Credit Karma services start with a free credit score and credit report. No credit card is required and no strings are attached. Return as often as you like and use their service to track your credit file and stay informed. With all the news about companies getting hacked, you need to be checking your credit. Log on to **CreditKarma.com** and get started. I personally use Credit Karma and recommend this free service for you.

### Personal Notes:

Although I'm grateful for another birthday last week, I just wish they didn't come so fast. The last of my children is graduating Poway high school in a few months and is eagerly waiting for acceptance letters from the colleges she applied for. The thought of being an "empty nester" is not a pleasant one. I've gone to great lengths to convince my baby that college is over-rated and she should stay home and take care of dear old dad. For some odd reason that doesn't appeal to her. I've tried bribery, blackmail and as a last resort, offered to move to the city of whatever college she decided to attend just so we could hang out everyday. Although the wife was elated to hear I might be moving out, my daughter was not buying any of it. Guess I'll just have to blow out the candles on another year and hope she comes to her senses before it's too late.

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