

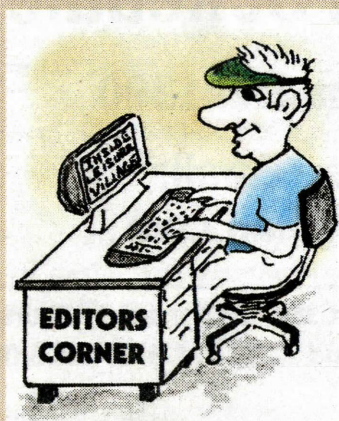
Inside Leisure Village

VOL. 37 NO. 8

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

AUGUST 5, 2016



I feel very fortunate to assume the duties of ILV editor. Our most recent editors, Stan Reshes and Bob Cohen, refined the layout and structure to make the paper enjoyable to read and responsive to the information needs of the community. I hope to continue their fine work. The change-over should be seamless, thanks to the exceptional ILV staff and contributors who are the core talent of "Inside Leisure Village." With continuing articles like Patty Ecker's Profiles, Jean Kohut's Birds articles, Ted Lansing's "What do I do if..?", Larry Swartz's cooking column, as well as Club News and other interesting contributions from our residents, I believe we have something for everyone.

I am looking forward to meeting more residents and hearing your comments on ILV. I firmly believe my wife Laura and I have found the ideal community to spend our "Golden Years."

Jay Balter- Making a Difference in Ventura County

By Patty Ecker

Jay Balter says his Grandma Rose would be pleased. For fifty years, she volunteered at the Jewish Home for the Disabled in Brooklyn by walking there every day to help feed the patients – "Daily!" he emphasizes, "Back and forth until she was 95. That is where I learned the value of serving the community." For Jay, serving his "community" means both those he can help across Ventura County and his efforts in Leisure Village as an active volunteer.

His focus countywide is on providing support for people with mental challenges and their families. As a long-time volunteer with the National Alliance on Mental Illness, he brings his graduate degrees in psychology to the NAMI Helpline, taking calls for hours each month, offering a listening ear, information about facilities and guidance about options for help. He often goes to group meetings to support the callers. "It's a gift to be able to use your skills to help others improve their lives," he says quietly.

Jay Balter has been "other directed" since he watched Grandma Rose. As an Army medic (he joined right out of high school), he treated hundreds of soldiers, listening to them intently, and concluded that offering support and options can be more effective than medicine. When he left the service, he got a job as an insurance claims adjuster, where he created a new program to redirect the

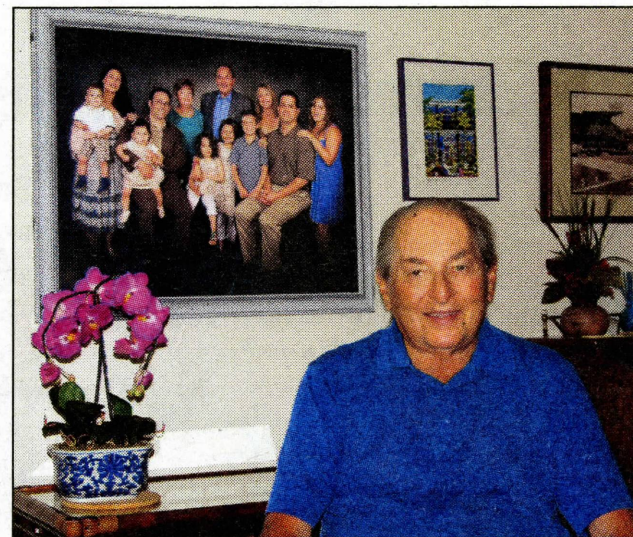


Photo by BUD BRADLEY

Villager Jay Balter, recognized nationally for his professional skills, says he considers his family experience – Sheila, their two children, and six grandchildren – the most important in his life.

seriously injured and disabled away from dependence into rehabilitation, new jobs, and independence. In 1978, he formed his own company and, over the next 30 years, Jay became a national leader in counseling and rehabilitation, testifying before Congress three times on

Please See Page 6

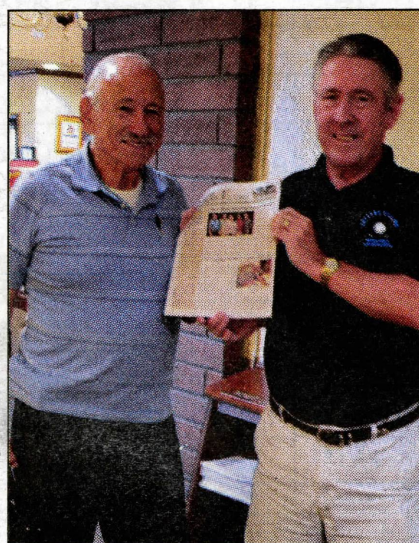


Photo by JERRY SPECTOR

Bob Cohen and Tim Palmer pass the editorial baton

ILV Editor Changes

■ Tim Palmer takes the helm

Bob Cohen has retired as Editor of "Inside Leisure Village." Bob decided it is important to be near family and that required moving out of Leisure Village to Las Vegas, Nevada. While Bob was ILV editor, he was responsible for the smooth transition from the former publisher to The Acorn, a company that specializes in community newspapers. His leadership made possible the change with no disruption and an actual improvement in the paper quality.

Tim Palmer, the new ILV editor, moved to Leisure Village in

the fall of 2015 from St. Augustine, Florida, where he was editor of his community newspaper, the Marsh Creek News Journal. Palmer is a retired Naval Aviator whose 30-year career included two tours of duty at the Naval Air Station Point Mugu, as well as numerous other duty stations, including two assignments in Washington, DC. While living in St. Augustine after retirement from the Navy, Palmer served on the Board of Directors of his community association for six years, which included two years as President.

WE'VE GOT YOUR NUMBERS

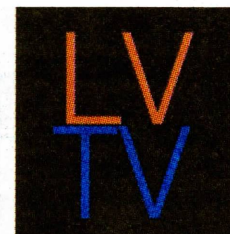
Here are some important Village phone numbers and email addresses:

The Main Gate: 805-482-0716 (for guest passes, a security question, etc.) or www.gatepass@leisurevillage.org

LV's Emergency Number: 805-388-3636 (for medical problem, fire, major property problems or an intruder, not minor events like a tree branch down) LV security officers simultaneously call 911 as they respond to a resident call.

Ventura County Alert: To sign up for the Emergency Notification System - 805-648-9283 or www.vcalert.org or text 313131 - to receive 'reverse 911 calls' and alerts to major emergency situations.

Ventura County Disaster Information Hotline: 805-465-6660 or register online at www.vcemergency.com.



LVTV Program Schedule

August 2016 | Channel 1390

LVTV Committee Email:
lvtvcommittee@gmail.com

LETTERS

ILV has obligated itself to publish letters that are not profane, inflammatory or libelous. Views or statements expressed are the beliefs of the writer and are not necessarily supported by the staff of ILV. Letters must include name/signature, address and phone number. Please limit letters to 150 words. We reserve the right to edit, and/or condense. If at all possible, e-mail letters to editorilv@yahoo.com. Typed copy should be placed in the ILV box in the Rec Center hallway. Whatever is not printed in the next issue because of space limitations will be considered for the following issue.

HOW TO CONTACT US

Editor:

Tim Palmer
editorilv@yahoo.com
904-826-5945

Display advertising:

Stacey Janson
The Acorn Newspapers
805-484-1949 x303

Classified advertising:

Barbara Crome,
482-9097

ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer

Photo Editor: Rita Linsey

Photos: Bud Bradley, Bob Kaplan, Jerry Spector

Staff: Patty Ecker, Cliff Kearsley, Jean Kohut, Mickey Kohut, Larry Swartz

Classified Ads: Barbara Crome, Joyce Snider

Contributors: Susan Amerikaner, Joseph Benti

Inside Leisure Village is written and edited by and for Leisure Village residents exclusively. It is independent of the L.V. Association and its Board of Directors. ILV's content is also independent of the Acorn Newspaper. The Acorn Newspaper is not responsible for the content of ILV and does not set or monitor its classified advertising or editorial policies. In addition, the purpose of ILV is to report and publicize LV events and activities.

SEPTEMBER DEADLINES

Deadline for letters, club news, stories, photos and classified ads for the September 2016 issue is Tuesday, August 16 at 5 p.m. The Display Advertising deadline is Monday, August 22 at noon. Publication is scheduled for Friday, September 2. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy (only if email is not available) should be double-spaced and deposited in the ILV box in the Rec. Center hallway.

Contact: John Mayer, Chairperson at 388-4642, meet 3rd Thurs. 9:30 AM MPR. **DAILY AUDIO:** 9:00 and 11:30 AM, 3:00 and 6:00 PM, narrated by Debra Guill.

Day	Date	Program date time 10 am and 8 pm
Mon	1	LVA OPEN BOARD MEETING – LIVE (10 AM only)
Tues	2	LVA OPEN BOARD MEETING - TAPED
Wed	3	LV Musicians Presents: Camarillo High School Jazz Band – 2015 (92 min)
Thurs	4	Thurs. Showcase, Message Board for Shows
Fri	5	LVA OPEN BOARD MEETING - TAPED
Mon	8	Players Guild - "And the Winner Is"-2012 (32 m)
Tues	9	Richard Weiss: Dances For Piano-2014 (58 m)
Wed	10	Law Talk - Parental Responsibility - (27 min)
Thurs	11	Thurs. Showcase, Message Board for Shows
Fri	12	Shared Exp.- Lois Bello & Ed Pollaine - (1 hr.)
Mon	15	From The Ground Up: Landscaping In LV
Tues	16	What Was My Line - Ted Lansing, Joseph Benti, Lin Grant - (56 min)
Wed	17	Players Guild-Acting Class 10 -2014 (64 min)
Thurs	18	Thurs. Showcase, Message Board for Shows
Fri	19	Women's Club - Rhythmetts - 2008 (48 min)
Mon	22	LVA 101 Community Associations Institute – 5/2015 (33 min)
Tues	23	LV Crafts Fair/Health Fair 2014 - (22 min)
Wed	24	Saving Oxnard History - 2009 (20 min)
Thurs	25	Thurs. Showcase, Message Board for Shows
Fri	26	Players Guild - An Evening With Cole Porter - 2011 (48 min)
Mon	29	Law Talk - Judges & Judging Part 1 - (30 min)
Tues	30	Women's Club- Fashion Show - 2012 (15 min)
Wed	31	LVA 101-#15: Landscaping – 4/21/15 (57 min)
		OLD-TIME RADIO AUDIO: Thurs. 7:00 PM
		CALENDAR DIVA: 8:00AM, 2:00, 5:00, 7:00 PM

TIMELY CLASS COMES TO VILLAGE IN SEPTEMBER

This election year has created a blistering 24-hour news cycle and information avalanche that makes it nearly impossible to escape the influence the media can have on how we think and connect to issues. Which is why the 2016 fall class "Media: Money & Power" presented by the Osher Lifelong Learning Institute (OLLI) is so relevant.

The eight-week course will be held in Leisure Village on Tuesdays from 10:00 – 12:00 PM beginning September 6. Taught by Dr. Oliver Boyd-Barrett, a professor in the Department of Communications at Cal State University, Channel Islands, the OLLI class will examine questions about the media such as: who is really behind the powerful media corporations; whose interests are actually being served; and what real impact does media have on the world. Dr. Barrett has earned a national reputation for his work and research on this topic.

"Media: Money & Power" is open to Village residents as well as members of the community at large. Classes held in Leisure Village fill up quickly, so those who are interested are encouraged to register without delay. The cost is \$80. To register or get further information, call the OLLI office at 805-437-2748 or go to the OLLI website at go.csuci.edu/OLLI.

The Osher Lifelong Learning Institute offers ongoing university-level education opportunities for seniors. The national program is built on the concept that the thirst for knowledge never ends. There are no tests or grades; the courses are offered for the pleasure of learning.

IN MEMORIAM

Erland Anderson, V. 23

Paul Geary, V. 25

Marge Linden, V. 7

Joyann Moore, formerly V. 44

Bill Stones, V. 34

Al Sullivan, V. 22

Phyllis Wechsler, V. 44

To submit a memoriam call Loretta Reshes, 388-7116

NOTE TO READERS

Due to recent changes, many villagers aren't getting the ILV because it is no longer included with their morning newspaper delivery. If you're reading this and know some of your friends and neighbors in that predicament, let them know they can get their copy at the Rec Center; better yet, bring them a copy. Spread the good word and thank you for your help.

— Editor

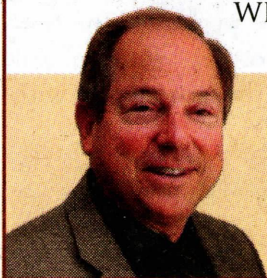
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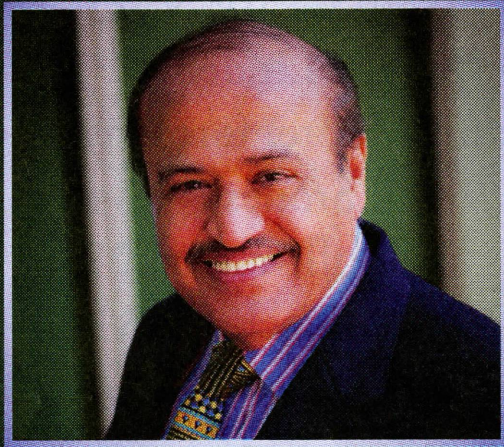
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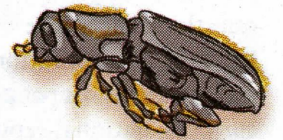
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WHAT IS HAPPENING TO OUR PINE TREES AND WHAT IS BEING DONE ABOUT IT?



*Dead pine trees and
 their vicious killer.
 The beetle is about the
 size of a grain of rice.*



By Tim Palmer

It seems like each week we wake up to see one of our favorite pine trees, which has been so green and beautiful, now turning brown, with the appearance of dying. What is going on?

There has been an invasion going on for many years – the invasion of pine bark beetles. These little insects bore through the pine's bark where they lay eggs and the larvae then feed on the tree's living tissue, which cuts off the tree's ability to transport nutrients. An infestation can involve several thousand beetles, which then spread to neighboring trees. The trees are being devoured by millions of native beetles, each about the size of a grain of rice. The insects, thriving in the warm weather and lack of freezing temperatures, are overwhelming the defenses of water-starved trees, attacking in waves and multiplying at a frenzied pace, depositing eggs under the bark that hatch into ravenous larval grubs. They are only successful in attacking the trees when they are stressed and, right now, all the trees are stressed because of the drought. The entire state of California and much of the western United States is affected by these little creatures. There seems to be no solution, short of removing the dead and dying trees and hoping

against hope for rain and cold.

Leisure Village Association has been aggressively addressing the tree problem for over 20 years. Unfortunately, the only answer is to remove the dead and dying trees, which is a huge undertaking. To attack the problem, all of the village trees have been identified by GPS coordinates and mapped for analysis and planning. The Village uses West Coast Arborist, a state-wide company with a reputation of excellence in the field, to make the removal determinations. The trees are continually evaluated for hazard potential to the community, shade still being provided and other considerations. At present, 20 to 30 trees are being removed each month. Over the past nine years, over 1,200 trees have been removed from the Village property.

In addition to the downside of losing our beautiful trees, the replacements will not reach full growth in most of our lifetimes. We can, however, appreciate the effort the Association is making to ameliorate the problem. The bottom line: Savor the beauty of our healthy trees; they may not be with us very long.

A complete discourse on the Leisure Village tree situation is contained in the August edition of the Village Voice.

LEISURE VILLAGE TRAVEL

Make the Most of Your Summer with a Short Road Trip

By Carol Moody

Greetings from your LV Travel Committee. After a short hiatus, we will now again will be bringing you updates on our trips and tours offered. Since our last post, we have traveled locally from Carpenteria greenhouses to Pasadena's Jet Propulsion Laboratory and as far away as Yosemite and Lake Tahoe, just to name a few. Watch LVTv and eNews for info and stop by the Travel Office window, located in the Rec Center on Tuesday, Wednesday and Thursday, 9:00 am -11:45 am to pick up flyers for the following trips:

1 TO 2 DAY TRIPS:

Back to the Beach Luncheon and Tour on August 18, 2016. A fun day at the beach with lunch included at Back on the Beach Café and a guided tour of Marion Davies'

guest house. We still have a few spots left and would love for you to join us.

Laguna Beach's famous Pageant of the Masters on August 23-24, 2016. There is limited availability for the 83rd annual Pageant of the Masters with lodging at Dana Point Marina Inn & Harbor and a side trip to San Juan Capistrano.

Taste of Route 66 on September 6, 2016. Route 66 "L.A. Style" with lots of good treats and lunch at Northwoods Inn. Just went on sale late July.

Mystery Tour on October 25, 2016. This is a trip with a surprise destination. On sale mid-August.

Glendale Theatre "Something's Afoot" with lunch at Tam

O'Shanter on November 5, 2016. On sale August 16.

3-5 DAY TRIPS:

Utah Canyon Royale on September 26-29, 2016. Visit Valley of Fire State, Zion and Cedar Breaks with lodging at Casa Blanca Resort and Casino.

Death Valley on November 1-4, 2016. Visit the sites of Death Valley with two nights lodging at Longstreet Hotel and Casino in the Amargosa Valley and one night in Las Vegas.

Aquarius Casino and Resort in Laughlin, Nevada on November 9-11.2016. This is a very popular casino trip, so sign up early.

Lake Havasu Balloon Festival on January 12-15, 2017. On sale Tuesday, August 9th.

9+ DAYS:

International travel with transportation from the Village Rec Center: Switzerland, Austria and Bavaria on September 14-22, 2016. Call or stop by to check availability.

Panama Canal Cruise on October 5-20, 2016. Call or stop by to check availability.

Rediscover Cuba, a cultural small group tour on February 2-10, 2017. This tour has limited space left.

Reflections of Italy on March 22-31, 2017. A special presentation on this trip will be held at 1:00 P.M. on Tuesday, August 23, 2016 in the Garden Room.

Shades of Ireland featuring North-ern Ireland on October 2-14. 2017.

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Photo by BUD BRADLEY

Village inventor John Palmer rolls out the first Kibbles Kart

HE'S PAR FOR THE COURSE

It's likely that John Palmer is the only golfer in California whose golf cart contains a wedge, a nine-iron, a putter, a bottle of water, and Kibbles. It's a testament to the devotion this Villager has to the

game of golf and to his Maltese-terrier, Kibbles. When John rolls out to the fairway, Kibbles goes along for the ride in a vehicle built just for him.

"He got so upset when we would

leave to play golf," explains John. So John had actually been thinking about customizing a cart with his dog in mind until a \$200 price tag brought his designing to a screeching halt. Then he saw a baby stroller in a thrift shop. The tag read \$5. The Kibbles Kart was born.

John did the construction, which meant building the rack for his golf clubs and installing a platform for the all-important puppy parasol. "It all works well," says John.

"When he sees me head for the garage with my clubs, he jumps into his perch before I get there." And John and Kibbles obey the rules. The Village regulation says that dogs can walk anywhere people can except "the golf course, pool area, tennis courts, posted areas, and clubhouse." Note the word "walk" in that rule. (Article 16.09). Kibbles rides through every round. And we're told he's very quiet, especially when people are putting.

JAY BALTER

From Page 1

on behalf of making these services more available to more people.

Jay and his wife Sheila — they've been married for 53 years — moved to Leisure Village in 2008 after he sold his company and retired. "I didn't move here just to be in Leisure Village," he says. "I wanted to participate here!" He jumped in, joining the Men's Golf Club (that was an easy choice). However, it was insurance and LV's Insurance Committee that caught his eye. "I saw a need," he explains. He recruited men and women who had professional insurance experience and he agreed to chair the group. He says, "We watch to be sure that the Village has a strong program and the correct policies in place." Then he adds with a smile, "It does," another example, he says, of "the value of people sharing themselves" wherever they see the opportunity.

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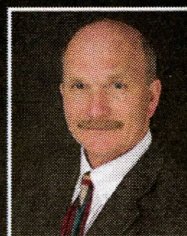
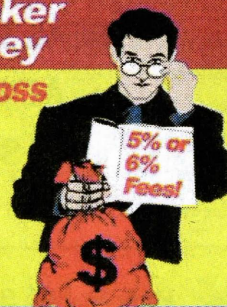
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CLUB NEWS



Village Arts weekly
Monday workshops
from 1:00- 3:00 p.m.
Top L to R David
Kiefer, Gwen
Zimring, Brenda
James, bottom,
Pat McGregor
and Sylvia Walker

VILLAGE ARTS

By Gwen Zimring

Hello Village Arts members and friends. What a lovely "Endless Summer" program has been planned for all our summer "Stay At Home" people. A big thank you goes out to Alice Williams, who gave her time, energy and photographic expertise to make sure we were all represented in the Village Arts Club 2017 calendar.

This was followed by a delicious ice cream and strawberry social hour. Thank you Margie O'Hair for the perfect summer treat.

Plans for the September 7th meeting are still being put together, but you will be notified as soon as they are finalized.

At the October 5th meeting, Phyllis Doyen will be giving her annual critique of our work. These critiques are invaluable to our development as artists. She can show us the importance of framing in the presentation of our work.

Hope you were able to see the art of Kathy Whitesell in the library in July. Florence Gillman

will be showing her work in the library in August.

A hearty welcome to all our new members. Note the photo of some of our artists working in their various mediums on different projects

The Lanai/Art Room is available for us Mondays, Tuesdays and Fridays at 1 pm.

Please join us.

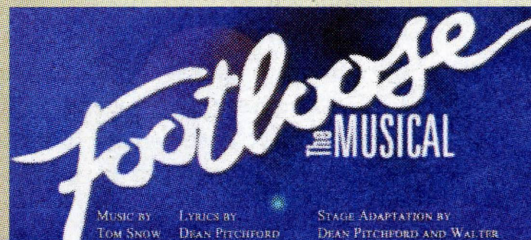
LV BOWLING

By Stan Reshes

The 2016-2017 Leisure Village Bowling League will begin in September and we're looking forward to another year of fun. Keep this date in mind: Thursday, August 11 from 10 a.m. to 12 noon in the Sun Room for signups. We're especially looking forward to those residents who haven't bowled before. As a handicap league, everyone, regardless of their average or ability, is equal. And to keep the league as a family affair, husbands and wives are especially welcome... and peace in the family is assured because they can't bowl on the same team. Remember the date, and all your questions will be answered.

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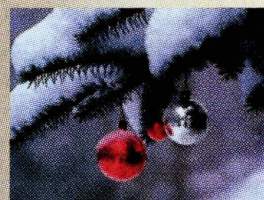
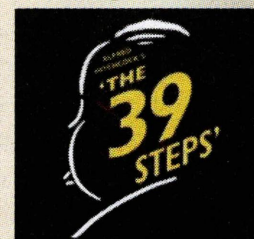


Footloose

August 19 - September 18, 2016

MELODRAMA - THE 39 STEPS

October 21 - November 13, 2016

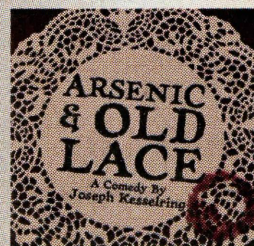


CHRISTMAS MAGIC

December 2 - 11, 2016

Beauty and the Beast

February 3 - March 5, 2017

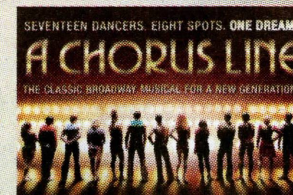


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CLUB NEWS

MEN'S GOLF

By Rob Sollet

You know, if my nephew from my wife's side wasn't getting married in Baltimore and my promise to her to someday return to the east coast to visit old friends, I would have never met Old Tom Morris. Yeah, that one. He stood like the great monuments on Easter Island. Silent, watching, listening.

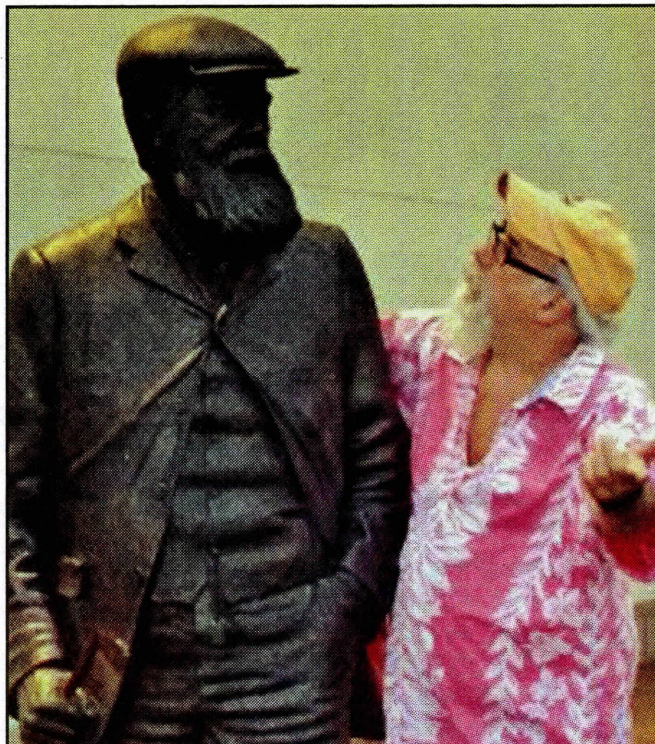
Upon our arrival in Florida, my wife and I went to the temple devoted to golf, the World Golf Hall of Fame in St. Augustine. The great statue of Old Tom Morris stood between me and the massive entrance. "Come here Laddie, you seek the truth," Old Tom Morris said with a full Benti-esque baritone voice. "Talk to me." "I have traveled from the great west for many days," I said. "I have ridden on the roads of Arizona, the infamous land of Millar in Texas, awarded a ticket

for speed in Louisiana, only to seek your consult."

In true oracle fashion, the great Morris did not move, yet I could feel his thoughts. "Ask and be quick, for there are many seeking the truth. Many students of the sticks have stood where you stand, for you are not alone."

I put my arm around the back of the Morris and asked, "What does this game mean? Why is there truth for some and such deceit with others?" Why is this game so compelling yet so difficult to master? Why....?"

"You seek many answers that you, a student of words and steel sticks of perfection already know. You have seen that people of deceit and untruth eventually fall and wither. You have seen this in lands where you have walked the great fairways. This game is what you make it. You bring truth, you get it in return. Bring deceit and lies, it is returned tenfold. There is no perfection to this imperfect game. In



The author chats with Old Tom Morris at the World Golf Hall of Fame

Photo by HELENE SOLLET

conclusion my golf student, kindly get your arm off my back." Old Tom Morris, the oracle, went silent.

The slow five day journey back to the west gave me time to analyze

what Old Tom Morris had said. Play the game with truth and with the best of your ability and it will award you with the same.

What a trip!



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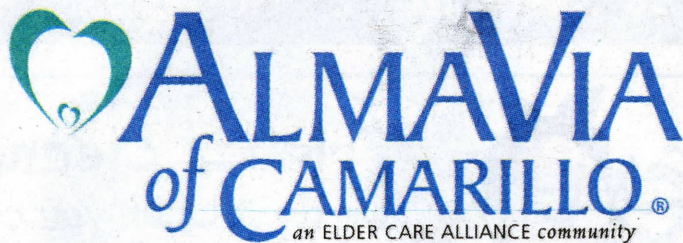
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CLUB NEWS



Camera Club Winner,
Gels Are Fun,
by Don Treadwell

IN OTHER WORDS

By Frank Seiden

In August, our friendly creative writing workshop will meet on August 17th (instead of the normal Aug. 10th) and August 24th. Our usual meeting place is the Lanai Room; however, because of the schedule change to Aug. 17, we shall have to announce the meeting place for that day.

In our critiques, we discuss techniques that would make the work under discussion more interesting to the reader and to add clarity with the fewest simple words. Many times the writing allows us only discussion on a typo or punctuation error and what we like about the work. These discussions are always supportive and give each of us something to think about. The lesson handed out at each session presents a point of writing technique that members are

welcome to try.

All are welcome to visit and listen. If you would like, bring something you have written and we will be glad to discuss it. (It is helpful for the discussion to have about 10 copies to hand out.) You are welcome to call Frank Seiden (437-6242) or Peter Davies (388-5749).

RACQUET CLUB

By Leslie Fox

July's pickle and paddle was highly successful and left plenty of time for all to play! This month our get-together will be Friday, August 19th at 4:30 pm. You may bring a snack to share and as always BYOB.

The Racquet Club would like to congratulate our very own fun and informative phone tree gal, Merle Ruiz, on her new position as a member on the LV Board. All our best wishes!

There is a slight change in the

schedule for the summer months: Round Robin will now begin at 4:30 pm. All new players and for those who just want to practice their skills, this is a great time to do so.

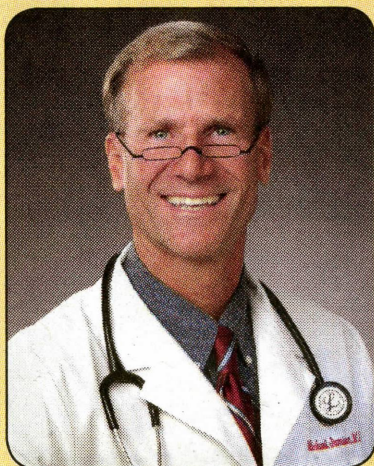
Enjoy the hot August days and nights and, of course, do not forget to drink plenty of water!

VETERANS CLUB

By Tim Palmer

A mistake was made in our article last month; the Veterans Club meets on the fourth Thursday at 7:00 p.m. vice the third Thursday.

The Veterans Club is ambitiously working to give presentations on veteran's benefits available in Ventura County, information on current military operations as well as past experiences of our members. We want Leisure Village veterans to be proud of their status and join fellow former service members in sharing that pride.



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CLUB NEWS

THE NEW YORK CLUB

By Frank Seiden

At 8:45 a.m. EDT on September 11, 2001, the first airplane crashed into the North Tower of the New York World Trade Center. A half hour later, the second airplane struck the South Tower. Not too much later, the third airplane hit the Pentagon. Then a fourth plane crashed into a field in Pennsylvania after passengers overpowered the hijackers and the hijacker pilot dove the airplane into the ground. America was in shock! Shock that turned into defiance and action.

The New York Club offers a community event to commemorate 9/11 on its fifteenth anniversary inviting all Leisure Village residents, families and friends on Sunday, Sept. 11 at 3 p.m. in the AR (doors open at 2:30 p.m.).

Music, songs, poems, speeches (very short), slides and film will honor the day, all presented by our talented Leisure Village residents who represent a variety of our clubs. The ceremony will last about an hour. Because of our efforts for this event, we will not have the regular New York Club meeting on Sept. 1st.

On the first anniversary in 2002, the New York Club planted a tree in the area off the tennis and paddle tennis courts as a living memorial. That tree has grown into a beautiful shape reflecting the beauty of the lives lost that day. Now, with terrorist attacks in so many parts of the world, a memorial to the first attack honors all the victims.

After the memorial commemoration, we invite you to gather outside for light refreshments served in the Pavilion. Seating is available in the Pavilion or in the adjacent picnic area where you can socialize



Leisure Village 9/11 Memorial Tree

Photo by FRANK SEIDEN

and enjoy the afternoon. You may also wish to visit the memorial tree nearby. We ask that people dress appropriately showing respect for the occasion (nice casual, thank you).

So that we can prepare appropriate seating and refreshments, we ask that a member of each group visit the Recreation Center Lobby

on September 6th, 7th or 8th and write the number of people in your party (no names needed) on a piece of paper (provided) and drop it in the box we'll make available.

In the political environment of today's world, such shows of solidarity as this are important to us individually and to the world community.

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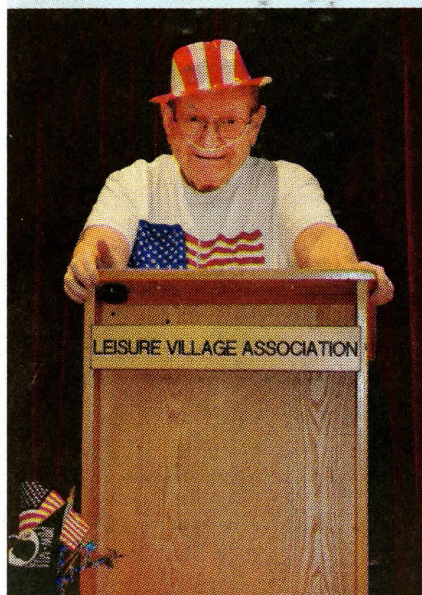


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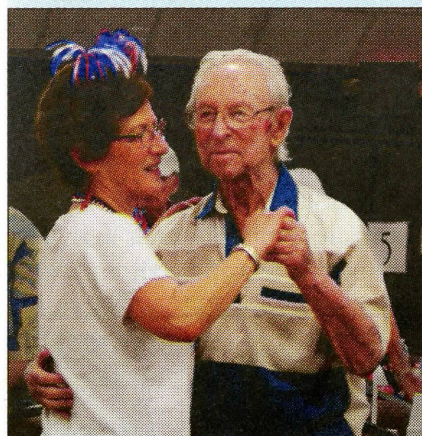
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08LV12T



Jerry Rosen filled in for Uncle Sam as the Party's M.C.



Partygoers Si Ross and his daughter enjoyed a Fourth of July dance.

Leisure Village Independence Day

Celebrating the nation's birthday in Leisure Village was once again a smashing success. The annual Fourth of July party brought together more than 300 residents for a holiday picnic accompanied by Dixieland music in a patriotic red, white, and blue setting.

Presenting the colors of the U.S.A. were (l-r) Ed Vasquez, John McGava, Frank Seiden, and Irv Bergman.



Above: Many residents enjoying the 4th

Below: This team of volunteers and the party planners from the Rec Office created the patriotic afternoon.



The Riverboat Dixie Band delighted the holiday audience.



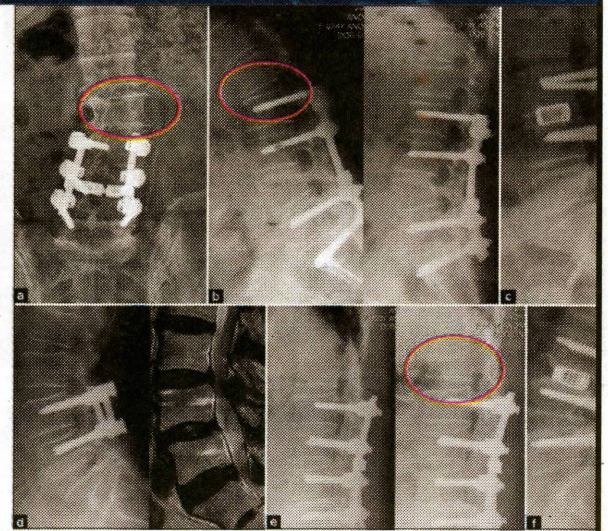
PHOTOGRAPHY BY JERRY SPECTOR

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BEEN TOLD YOU NEED BACK SURGERY?

That's not how we operate

In this doctor's opinion, the best breakthrough treatment for serious back pain of our age is NOT surgery, but a non-surgical, safe & painless, state-of-the-art technology now available in Camarillo.



You may be thinking, "what is going to happen to me if I can't find a solution to my back pain or leg pain?" The answer to your question starts out hopeful. I'll just go to my doctor and he will take care of me. He will know what to do. But then something very odd happens to you. You discover your primary care physician, who in the past has done an excellent job treating your other conditions, is not able to get rid of your pain, even with your prescription for Soma muscle relaxers, oxycodone, neurontin, or any other of the various prescribed medications. You then take the drugs, soon to feel strangely like you're not altogether "there" or you immediately feel sick, feel nauseous and vomit the drugs as fast as you swallowed them. When you get sick of that (pardon the pun! I couldn't resist), you go back to your doctor looking for another more appealing treatment. This time it's physical therapy, the thing you already can't do!! You already can't bend over, twist, lift things and now they want you to do more of that with a bunch of other back pain sufferers! Gimme a break.

So you go back to your doctor who recommends doing shots in your back. After 1, 2, 3 shots, you're still in pain.

You come to the realization that pain shots will not fix the disc bulge or herniation still smashing your delicate nerves, causing you pain. Finally your doctor recommends you see a "Specialist" (back surgeon) and he can do surgery. Why even do the surgery? Risk of paralysis, death, infections and more pain. No thanks!

You may even have been told that you're not a candidate for surgery because it has either gotten too bad or because your other health conditions make it too risky. So, back to the question.

What are YOU going to do if you are stuck between serious back pain or leg pain or surgery?

GREAT NEWS! A new extremely effective non-surgical back pain treatment is available in Camarillo. If you are suffering from back pain or leg pain, having pain at the belt line, fire down your legs, numb legs, feet or toes, or feel like a knife is stuck in your back, you owe it to yourself to check out this new procedure.

If you've been suffering with back pain or arm/leg pain caused by a disc bulge, disc herniation, or squashed or



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During your assessment, we'll check out your: ligament stability, muscle function, hips, pain levels, reflex response, disc condition, tendons, spinal alignment, pelvic leveling, x-rays, MRI's, spinal flexibility, range of motion, balance & nerve function.

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Here's what some of our patients have said:

Much to my amazement, during my treatment, I began to feel some relief. I can honestly say that I am 100 percent pain free. With the help and encouragement of Dr. Dooman and his compassionate staff, I have achieved what I truly thought would be impossible without surgery. I am truly grateful, and would most certainly recommend Dr. Dooman to anyone who is experiencing back pain.

T.D. – Los Angeles

This was the best thing I ever did! I was two days away from surgery and did this as a last resort. I was skeptical but Dr. Dooman was confident he could help me. Now I can walk flat on my feet and my sciatica is gone – after over a year of pain! So amazing!! Thank you so much for fixing my back!

D.S. – Moorpark

Dr. Dooman, thank you for doing what you do. When I was first referred to you because of the herniated and degenerative disk in my lower back, I thought I would have to undergo surgery for it, as I had in 2003 for the same issue with the disk above the one that was currently at issue.

I am so grateful that after completing the treatment your provided, the pain I was experiencing is gone. Also, judging by viewing my 'post-treatment' x-ray as compared to the 'pre-treatment' one, I will not need surgery! I am amazed at the increased disk space that resulted from this treatment.

I highly recommend this treatment to anyone vs. the surgery alternative. I only wish I knew about you before I had surgery in 2003.

Thank you so much, again.

Doug Brand – Simi Valley

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Financial Assistance Workshop
Thursday, August 18 10:00am
Camarillo Public Library
401 E. Las Posas Road, Camarillo
Senior Education Center

Most retirees believe they must 'spend down' their entire life savings to poverty level before receiving financial assistance for any nursing home expenses such as Medi-Cal. This is NOT TRUE. This workshop will show you how to use little-known, yet simple techniques that could save you thousands of dollars and avoid any needless financial 'Melt Down!'

Topics covered will include:

- ✓ **Because of the 2005 Medicaid Recovery Act, your home and other assets may not be protected from attachment – we will discuss how to help prevent this from happening.**
- ✓ **How to utilize exclusions, exemptions, deductions and credits to reduce or eliminate taxes on interest income, capital gains and Social Security taxes.**
- ✓ **What you may not know about your options to preserve and protect your money.**
- ✓ **Rising Nursing Home Costs: Why do some folks get a free ride while others get wiped out? Learn the legal truth!**

805-981-3970

Reservations are recommended - Call Early

08LV304S

CLUB NEWS

SHOWTYME CLUB

By Jerry Spector

Showtyme presents Dean Regan in the AR on Friday August 12th. The doors open at 6:45 p.m. and the show starts at 7:30 p.m. Dean Regan's concerts bring life to any occasion. His renditions of standards and Broadway songs have perked the ears of even the most discerning audiences and brought them to their feet. Mr. Regan's concerts feature music ranging from Gershwin and the Big Band Era to Rodgers & Hammerstein, as well as Broadway dance and comic songs. Dean's concert series has earned him Artist of the Year designation by Professional Artists Contact Service.

Dean brings his extensive musical theatre background to each concert. Reporting on his stage work, The Los Angeles Times called Dean's recent portrayal of the 'Emcee' in "Cabaret" "stunning and poignant," and, for his performance as 'Bobby' in "Company," The Los Angeles Drama-Logue reported: "When Regan sings ... it tears your heart and dubbed him charming, handsome, foot-loose

and fancy-free." Mr. Regan has been honored with both Garland Awards and Drama-Logue Awards for his Los Angeles stage performances. Dean had the honor of presenting a series of concerts on Crystal Cruises' inaugural World Cruise and has made a Command Performance at the White House with the Broadway Company of "The Pirates of Penzance." He just released "Give My Regards to Broadway," a CD which has garnered many rave reviews and acclaim. Admission is free for members and a \$3.00 donation for non-members. Come and enjoy an evening of wonderful entertainment. There will be a 50-50 with 2 winners.

WII BOWLING

By Ginny Bryce

Wii-Bowling is held Tuesdays, Wednesdays and Thursdays in the Club House. It is open to all. Come join us. Our latest in-house tournament - Bowling for Dollars - was held July 12, 13, and 14. Winners will be announced in the next edition. For information, please call Joan Levy at 805-482-6871, or Barbara Bell at 805-388-2264.

SHOWTYME presents "DEAN REGAN"



FRIDAY, AUGUST 12TH
In the AR
Show starts 7:30pm
Doors open 6:45pm

MEMBERS...NO CHARGE
Non Members...MINIMUM \$3.00
REFRESHMENTS SERVED
50/50 WITH 2 WINNERS

CLUB NEWS

WRITERS CLUB

By Harvey Brosler

"Writers Club-Write-Present-Participate-Enjoy-Learn." Would you like to share short stories or poems? Would you like to know about the lives of other residents, their opinions, and interests? If so, we would like to see you at the Writers Club meeting held every Monday at 1:00 p.m. in the MPR. No special ability or prior experience required. Microphones are provided. You may write on any topic or use the suggested topic for that day. Attendees do not critique but are encouraged to comment on the subject matter. For August, the suggested topics are: "My Greatest Regret," "The Living Person I Most Admire," "My Most Identifiable Characteristic," "What the Club Has Meant to Me," and "My Impression Of Persons Running For Political Office." Stories of the Month are displayed just inside

the entrance to the Village library.

Contacts: Harvey Brosler 465-0006, hsbros@roadrunner.com or Larry Kalisher 465-0042, larry.kalisher@gmail.com.

PLAYER'S GUILD

By Stan Reshes

A new mini play produced and directed by that dynamic duo Belcher & Friedman (that would, of course, be Joyce and Cathy) will be presented Thursday evening, August 18 at 7:30 in the AR. "It Happened One Day" is a magical trip of a young woman who gets swept up into a strange adventure with some help from some very colorful characters. A musical treat followed by PG's outstanding refreshments. What!!! You're not a member yet? C'mon, don't allow these terrific shows to end for lack of support. Join now! You won't be sorry.

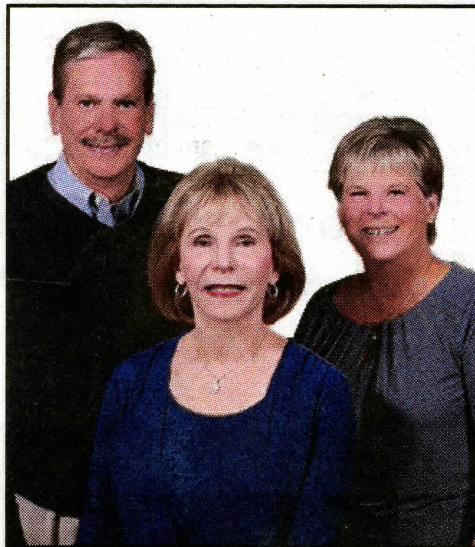
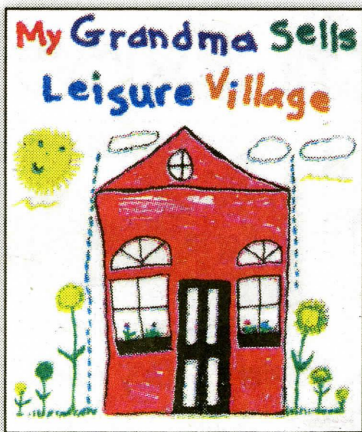
PLAYERS GUILD PRESENTS

"It Happened One Day"



*Co-Produced & Co-Directed by
Cathy Friedman & Joyce Belcher*

Thought you would like to know a little about our production of this musical mini play. It's a magical trip of a young woman who gets swept up into a strange adventure with some wild fantasies but with the help of some very colorful characters, she well, you will have to come to see the show on Aug 18th at 7:30pm in the AR to find out all about it. See you there!



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CURRENT LISTINGS & SALES

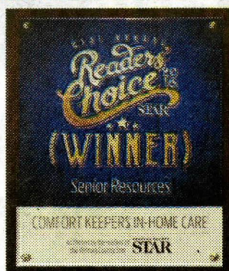
40033 Village 40	SOLD	\$400,000
13105 Village 13	SOLD	\$345,000
17242 Village 17	IN ESCROW	\$575,000
17133 Village 17	IN ESCROW	\$365,000
20215 Village 20	IN ESCROW	\$335,000
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CLUB NEWS

PET CLUB

By Ruth Stubba

The Pet Club is planning a Special Event in August, one of several held during the year. All Leisure Village residents are invited to our PET HEALTH EXPO on August 8, from 6:00-9:00 PM at the pavilion. Bring your pets! There will be about a dozen local pet-related businesses and services, including Petropolis, Mission Oaks Veterinary Clinic, Beach Dog Fun, Conejo Valley Veterinary Hospital, The Cat Doctor, Adrienne and Heather Groomers, to name a few. The Pet Club has arranged for Ventura County Animal Services (the Camarillo shelter), to be on-site offering dog licensing, dog micro-chipping and FREE dog and cat vaccinations. If you don't have an up-to-date dog license, bring a current rabies certificate to get a license for \$10.00 (senior discount for our community) at the Expo. In addition, they will be providing information about their adoption,

lost and found, foster care, and volunteering programs.

The Pet Club will be handing out new Pet Emergency Contact Information Packets, a project they have been working on the past year, together with input from the LV Emergency Preparedness Committee. Be sure to stop by the Pet Club table to find out more about this important project and pick up a Packet. We will be serving light refreshments and there will be raffle with lots of prizes and a 50/50 cash prize.

BILLIARDS CLUB

By Patrick Price

No meeting is scheduled in August. The next Billiards Club meeting is Tuesday, Sept. 27 at 7:30 p.m. Snack donations are always welcome for the 'after party' in the Garden Room. The popular Thursday night challenge continues. Be there at about 6 p.m. to sign-up. Left, center, right is back up and running for those not playing pool on Thursdays.

Pet Health Expo

**Monday, August 8
6:00 PM - 9:00 PM
Pavilion**



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* Dogs and Cats

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**NEW
Pet Info Packets
Available at the Expo from LV Pet Club**

CLUB NEWS

THE MAVERICKS

By Margo Secia

On Friday, August 26, 2016 at 7:00 p.m. in the AR, we will be having the Mavericks' fifth annual "Fashion Show (Thrift Store Style)."

All the men and women models will be wearing great outfits costing \$20.00 or less, purchased from local Thrift Stores. Our MC will provide details on each outfit, while the models walk the "runway" through the audience. This is a very popular event so purchase your tickets early for \$7.00 per person by calling President John Wirtz at 384-8508 or Geri DeSimone at 402-1465. We hope everyone will come to enjoy the fashions and join their friends to share cheese, crackers, fruit and cookies. Wine, beer and water will be available and, as always, you may BYOB. You won't want to miss this very entertaining show, so come join in all the fun!

Music will be provided by the very entertaining and fun "SheriMerry" group for your listening and dancing pleasure.

Yearly dues of \$5.00 per person for the year May, 2016 to May, 2017 can still be paid by calling Geri DeSimone at her phone number shown above. Please join and be a member of the Club as we are planning to have a really great year.

If you have any questions or comments, please feel free to President John Wirtz at 384-8508 or Vice-President Ruth Stubba at 494-7188.

WOMEN'S GOLF

By Patti Crichton

Greetings, golfers! The Summer Eclectic Tournament wrapped up its two rounds played on July 20th and July 27th. Please check the Women's Golf bulletin board for results.

Mark Wednesday, August 17th on your calendar. It is the annual mixed Tee Timer's Tournament, hosted by the women. Golf is \$1 and lunch is \$10 for a total of \$11. Please pay Sharon Loney for your tickets. Regular weekly golf tournaments take place on August 3rd, 10th, 24th, and 31st. The monthly meeting is in the Garden Room on August 10th at 2 p.m. Last month's meeting reviewed some golf rules:

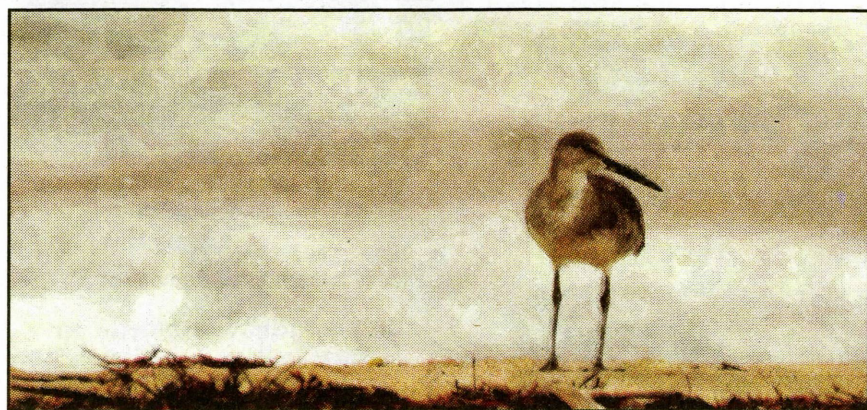
#1 A clear reminder was sent about making sure that the ball you hit is your own - Mark It - because if you hit another player's ball, it is a two stroke penalty.

#2 If your ball lands in an "unplayable lie"; for example, somebody's bushes - move it, drop it, no closer to the hole and take a one stroke penalty. If it is a drain, cement gutter, or mechanical obstacle, do the same with no penalty.

Reminder to players - please write on the score cards legibly and double check the scores submitted.

The four week Ringers Tournament kicks off on August 31st, followed by a free luncheon!

Ringers continues on September 7th, 14th, and 21st. Good luck. See you on the fairways!



Camera Club Winner,
On the Beach, by Jean Kohut

Caring Companionship Assistance

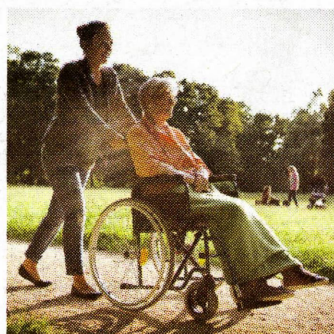
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in the Santa Rosa Plaza

FOR SALE

Bel Air \$395,000

New paint, scraped ceilings, new recessed lighting in kitchen, new air conditioning/heating and duct work, updated bathrooms, end unit.

Brentwood \$379,777

On Perimeter, Redone Kitchen, New Appliances, New Flooring, New Carpet, New Paint, Scraped Ceilings.

Capri \$409,000

Updated thru out home, Stainless Steel Appliances, Beautiful kitchen. Hardwood Floors, End Unit, Short walk to the recreation center. Deep Green Belt.

Coronado \$410,000

Across the street from the recreation center. Nice grassy view from the open patio.

El Dorado \$525,000

Short walk to the recreation center, New paint, remodeled kitchen, hardwood flooring, new carpet in master bedroom, remodeled laundry room, 2 bedrooms plus den. Move in ready. large patio.

FOR RENT

Coronado \$1975

Room Addition, 2 Car Garage, Available September.

La Jolla \$2,600

+ Room Addition Available Now, Newer Carpet, Nice Location, 2 Car

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Room Addition, Available September.

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SALES
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WOODSHOP

By Chuck Russell

We know it is the traditional time for vacations, but LV's Woodshop never takes a holiday. So residents will find willing hands and a smiling face when they bring their broken furniture to us for repair. We do our best to fix and rebuild things; our workshop is open on Tuesdays and Wednesdays from 10:00 a.m. - Noon and there's never a charge for the work. However, donations for materials are graciously accepted. Our "box scores" for projects this year continue to grow:

Residential projects: 154

LVA/ Clubs projects: 58

"Quickies:" 32

We also can make you laugh. Next time you are in the Rec Center, take a look at our Woodshop Bulletin Board. The posted cartoons and jokes will brighten your day,

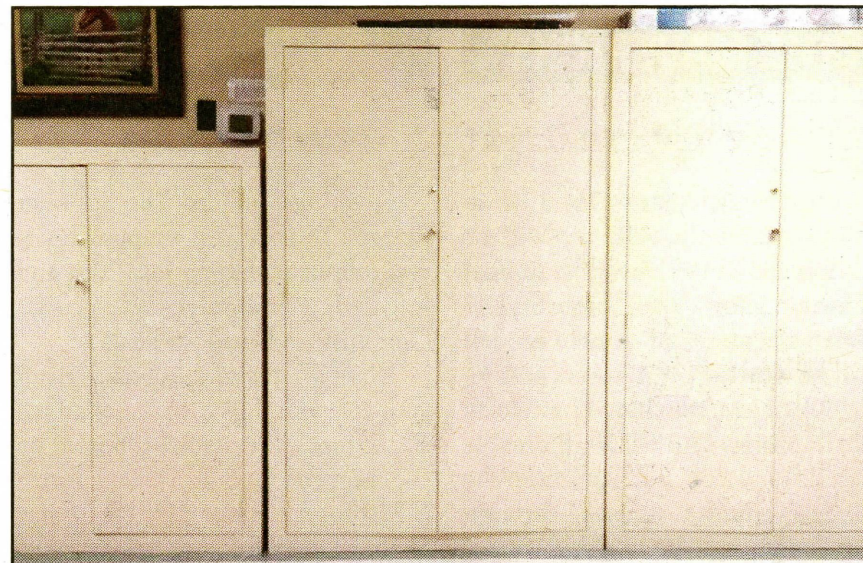


Photo by BUD BRADLEY

Sturdy wood cabinets built by the Woodshop Workers were recently installed in the Rec Center and hold the materials of the grateful Village Artists. The new storage replaces the rickety (and ugly) metal shelving that had long outlived its usefulness.

especially the one about the "Forgetful Folks Support Group."

We welcome new woodworkers who have experience with power equipment. Call Chuck Russell at

383-3043 to set up an appointment with one of our members who can answer questions about our shop, our members, and can check you out with our equipment.

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08LV141



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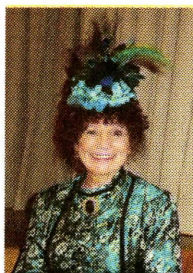
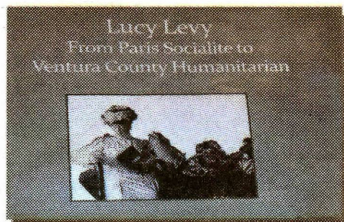
08LV181

CLUB NEWS

Women's Club Presents...

Lucy Levy From Paris Socialite to Ventura County Humanitarian

**THURSDAY, AUGUST 11
1:30 PM IN THE AR**



The Bank of A. Levy was family owned for over 100 years and through 4 generations. Many branches were established throughout Ventura County. The 1927 building that Lucy was so proud of was the main headquarters. In 1995 the bank was sold to First Interstate Bank.

Lucy Levy is portrayed by
Connie Korenstein and
Mary Bard by Debby Longenbaugh.
They are both retired educators
who enjoy history and vintage costumes.
They invite you to come and visit them at
Heritage Square where they are docents.

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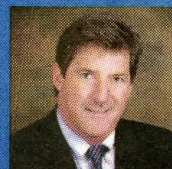
We invite you to take a look at our
website. www.rocvc.com

Our new website is easy to use, and gives you lots of important information. Here are some of the topics you'll find:

- What to Expect
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- Oncology Nurse Navigator
- Nutrition Counseling
- Cancer Rehabilitation

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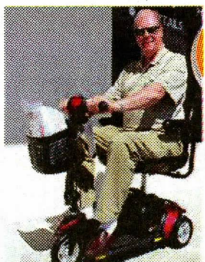
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RV CLUB

By Darryl Sobelman

ATTENTION FELLOW VILLAGERS! The Annual RV Club Pancake Breakfast has been scheduled! It will take place on Saturday morning, September 17th from 8 to 11 a.m. in the AR. Tickets are on sale in the RC Lobby from 9:30 to 11:30 a.m. in the Rec Center lobby. Ticket sales will continue every Tuesday and Thursday thereafter. A donation of \$7.00 will get you one ticket for a fabulous pancake breakfast! If you cannot get to the Rec Center to obtain your tickets, contact Mary Beil, call 805.987.7901 or email to lrvclub@gmail.com.

On a more somber note, Mary Beil, club Vice-President, will become the Acting President while John Kingsley deals with some health issues. We all wish John well and hope to see him back with us

soon! John's wife, Julie, asks that you keep calls and visits to a minimum during this time. Get well cards are always welcome!

LV RV CLUB CAMPING!!

Here, again, is a listing of upcoming campouts:

August 26-29 - Morro Strand, Morro Bay

October 7-9 - Newport Dunes, Newport Beach

November 11-13 - Pismo Sands RV, Oceano (Newly added)

We are already working on outings for 2017.

Hobson County Beach Park: Club dates for this outing are Friday January 27 to Sunday January 29. Book however many days suit you. Nine (9) sites with Full Hook-Ups available now for this outing. You book your own reservations at: <http://www.ventura.org/beach-front-parks/hobson-beach-park>. Non-hook-up sites are \$36 per night (Sites 8 to 28) and hook-up sites are \$48 per night (Sites 1 to 7 & 29 to 31)

Reaction to the camping calendar has been overwhelming! Our Campouts are now filling up quickly. If you plan to attend a future campout you better sign up now! If the list seems full, contact our Wagon Master, Judy Hope to see if she can get you in. Don't give up!

These, and other Campouts, will be developed in the coming months, so join us! As mentioned in previous news, many RV parks now have cabins and/or rental RVs so you do not need an RV to join these outings! To join in on one or more of the campouts, come to a meeting, or call Judy Hope. Judy's cell number is: (310) 745-7911.

There was not Tech Talk this month as Bob Zarit, our Tech Guru, was out of town. The next Tech Talk will be at the August meeting.

Meetings are held on the Second (2nd) Tuesday of the month, NOW AT 7:00 p.m. and will begin in August to BE held in the Santa Rosa Room in the Clubhouse. Refreshments are always available!

For more information on the club and its activities, attend one of our meetings, or call Mary Beil, Acting President at (805) 987-7901 or by email at lrvclub@gmail.com

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08LV301S

SATURDAY NIGHT BALLROOM DANCE

By Andrea Moran

Hello to all villagers. The summer months are here and many events are planned. We hope you will find the time to take in our Saturday Night Ballroom Dances. There are many advantages including live music, new friends and just plain fun..

August Schedule: 8/6 Jerry Dokken and 8/27 - John and John Duo (Hawaiian Night)

These dances are put on for your enjoyment to have fun and great exercise for both mind and body. So keep the feet moving. Saturdays, 7:30 to 10:00 p.m. \$7.00 per person admission. See you there!

WHAT TO DO IF...

By Ted Lansing

You are having a nice stroll through the nirvana which is Leisure Village. Suddenly, you hear or see a geyser of water flying 30 feet into the air. There go gallons and gallons of water, our water, flowing into the street. What to do? No, a Green Sheet is NOT the answer!



Irrigation control valves

Take out your cellphone, without which you should never leave home, and call the Main Gate (482-0716). Ask for "Dispatch." When "Dispatch" answers, tell them the precise location of the geyser. Note distance from residences nearby, street intersections, trees and whatever will help to locate the break accurately. Dispatch will send a patrol officer, if available, to shut the water off. They can do this since they have maps of all villages and common areas and can locate the Irrigation Control Valve which

supplies water to the broken pipe.

Be a good citizen and stay until the officer arrives. It may take a while; there may be a more urgent task than water conservation taking up time. However, if you can, wait. Then you can point out the exact spot of the break. Water cycles are only a few minutes each, so the water may shut off before the officer arrives.

If this happens near your home, you might want to take note of where the valve is located. It will be under an enclosure with a lid similar to the

photo. A break in a water line can flood your favorite flower bed or walkway and it helps if you can point to the correct valve location quickly, rather than have the officer page through a pile of diagrams to locate it. Remember, water is a cost we all bear, so you might want to help keep waste and cost down.

A closely related problem happens with the Control Valves themselves. They can become 'stuck' in the 'on' position. When the time for a particular string of sprinklers is over, the valve will not close as it should. The water can then run on until someone notices it. Hundreds of gallons of water, if not thousands, will end up in the storm drains, eventually leading to our purchase of the same water again sometime later. Not wise expense management! If sprinklers appear to be flooding an area, call it in. We are all responsible for cost control.

SPECIAL SPEAKER FROM THE DMV

By: Paul Herman

Leisure Village will be hosting Tressa Thompson of the California Department of Motor Vehicles, presenting the Seniors & Safe Driving program on Thursday, August 11th, from 1:00 p.m. to 2:00 p.m. in the MPR. Everyone is invited to participate in this free event, sponsored by AARP.

FAST FACTS

Every 13 seconds, an older adult is treated in the emergency room for a fall; every 20 minutes, an older adult dies from a fall.

Cooking fires are the most common cause of house fires and house injuries, according to the National Fire Protection Agency—so remind seniors to never leave the kitchen unattended while cooking.

Up to 80% of falls in the home occur in the bathroom.



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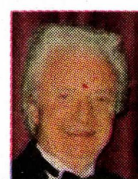
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VIII 7-115
VIII 7-424
VIII 8-102
VIII 8-150
VIII 9-158
VIII 11-232
VIII 11-234
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VIII 16-111
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VIII 16-138
VIII 16-134
VIII 16-136
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VIII 30-001
VIII 30-003
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VIII 40-221
VIII 41-032
VIII 41-034
VIII 41-064
VIII 42-020
VIII 42-022
VIII 42-026
VIII 42-064
VIII 42-071
VIII 42-119
VIII 42-119
VIII 42-311
VIII 44-141
VIII 44-145
VIII 44-165

08LV025

SEE'S CANDY available. LV Women's Club 2nd and 3rd Tuesday mornings in MPR. For information call Barbara 482-9097 or Loretta 388-7116

Village 6 Gentleman needs laundry helper and errands twice a month. Flexible hours and days. Contact son, Bryant 206-1234

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To submit an ad for Inside Leisure Village, give your full name, address and phone number. These are for ILV records and will not be published unless requested. Cost is \$5 for a maximum of six lines. Enclose cash, check or money order, payable to ILV. Place an envelope with the ad and payment in the left box next to the sewing room in the Rec Center before deadline. Each month's deadline is listed on page 2. ILV will accept ads from LV residents for properties they own personally, or ads that offer jobs or services to villagers. ILV does not investigate the ads and makes no endorsement of them.

Wardrobe Alterations & repairs for women and men by seamstress with LV references who comes to you. Revitalize your wardrobe! Nips & Tucks or complete make-over. Gudrun 479-4852

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There seems to be a lot of confusion about adjustable beds and what they can do for you. Here's the lowdown.

Adjustable beds are simply a specially designed mattress on top of a motorized base. This base allows the user to elevate the head and foot sections of the bed. Generally, the head up position is for reflux and snoring. The foot area raises for better blood flow and circulation. When both the head and foot sections are raised, it is known as the Zero Gravity Position. This allows for no pressure on the lower lumbar spinal region.

Are adjustable beds the same

as hospital beds? Definitely not! Hospital beds are used for raising and lowering the patient's body out of the bed and have permanent retaining rails. In hospital beds, you can't sleep with a partner, as they only come in twin size. On the other hand, adjustable beds come in ALL sizes, including a range of basic to deluxe models. They are designed to fit YOUR lifestyle. For example, some of today's modern adjustable beds come with massage units, programmed sleeping positions, iPhone compatibility, whisper quiet motors, and heaters. They are engineered to withstand thousands of adjustments and come in a variety of firmness levels. Another great feature is that you can even use your current furnishings.

Buy American! When choosing the correct adjustable bed, it's important to purchase American Made adjustable beds. Low price import brands can break down easily. Leggett and Platt is a highly respected and well-known manufacturer with 30 years in the industry. (www.leggett.com)

What to Look For:

- A wall hugger: as your head goes up, the whole unit slides back to keep you close to the nightstand instead of propelling you forward and away from the nightstand.
- Memory set sleeping positions
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My name is Evelyn Gutierrez I am a caregiver of 18 years looking for extra work. Excellent references 657-7168

Kind & cheerful caregiver: meals, bathing light housekeeping, laundry, pet care, driving, very dependable. Good references. Dolly 807-2494

Victoria Sampson - 754-4753 / 482-0410. Caring, dependable, prepare nutritious meals, bathing assistance,

running errands, light housekeeping, companionship

I would like to take you on your errands or do them for you, doctor appts or anything you need. It would be my honor to help you as I did my parents. LV refs Linda Reiser 805-377-4601

Need help with errands, doctor appointments, all shopping etc. I am available. Linda 377-4601

Dependable compassionate caregiver. 15 years in LV ready to provide you with all your care. 7 days a week, FT/PT. Mary 861-7551

Errands, shopping, Dr. Appts, house cleaning, pet care, organizing personal assistant, help with paperwork, storage etc. Georgia Smith 302-8790

I would like to be your personal shopper. Do errands or take you to do them. Grocery store, Dr. appts, airport or just plain fun shopping. Rae (LV resident) 796-8271

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