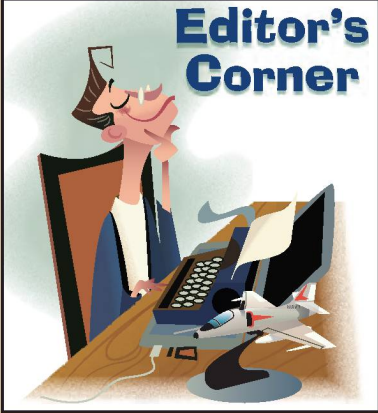


Editor's Corner



Leisure Village has two special days this month. The first is Mother's Day, May 13, a day in which to recognize our mothers and for men to recognize the mothers of their children. The title of "Mother" is an all-encompassing word that has more meaning than "Governor," "Senator," or even "President." While the previous titles bring about thoughts of responsibility and authority, they cannot come close to having the impact a mom has on an individual, from birth to death. While we are seniors here in Leisure Village, most all of us can easily remember our mother's actions, admonishments and praise. When it comes to powerful people, "Mom" beats all. Let's give each mom in our lives the praise and admiration she deserve on May 13.

The second special day is May 17, when our Board Candidates appear on Candidates Night in the AR. It is the best time to see and hear the people who are running to fill two Board of Directors positions. As with any election, an informed vote is important, and May 17 will be the day to learn what the candidates are about.

—Enjoy the issue!

—Tim Palmer

New Rules for Campaigning Creates More Access for Board Candidates

■ Votes will be counted on June 21

A recent change in the California Civil Code has expanded the ability of homeowners to "freely communicate and peacefully assemble" during an election campaign. It means that candidates running for LV's Board of Directors in the June election will have more options to meet with residents and solicit votes than they had in the past.

"It's a dramatic change from what was permitted before," says one expert on the Davis-Stirling Act, which is the wide-ranging rulebook for the state's homeowner associations. In general, Civil Code Section 4515 permits candidates to campaign openly within the Village. The new section took effect on January 1st.

Specifically, HOA candidates now can do the following:

1. Meet publically with residents and guests to discuss campaign issues.
2. Hold these meetings in LV's common rooms such as the MPR.



Photograph by JOHN MAYER

The candidates for the two open positions on the LV Board of Directors are (l-r): Don Marquardt, Beverly Vandermeulen, George Jones, Lin Grant, and Harold Howarth. The election results will be announced at the Annual Meeting on June 21st.

3. Canvas and petition residents in the Village during reasonable hours and in a reasonable manner.

4. Distribute campaign information in the Village during reasonable hours and in a reasonable manner.

However, campaign material may not be left on residents' doorsteps. It must be handed directly to them.

Section 4515 also specifies that — *Please see Page 7*



Photograph by BUD BRADLEY

Villagers Jon and Pat Amelsberg say they walk and watch as longtime volunteers of the Buildings and Grounds Committee.

They Walk for the Village

By Patty Ecker

Jon and Pat Amelsberg have loved the Village for more than 30 years – an appreciation begun when his mother chose it in the 80's, then intensified when they retired here in 2001, and it continues today. "It's so beautiful here," explains Jon. Which is why they are committed to doing their part to preserve the Village beauty they love.

For these two active people, retirement didn't mean a recliner. So soon after they settled in, they looked for an activity. The first one they tried was LV's Buildings & Grounds (B & G) Committee. Its volunteers monitor the exterior conditions of homes, garden areas, trees and shrubs. "We wanted something we could do together, where we could meet people, and also help keep the Village beautiful," Jon recalls. Plus, they'd get exercise because members walk around their assigned villages. B & G was

— *Please see Page 4*

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

May 2018 | 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

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editorilv@yahoo.com
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The Acorn Newspapers
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Classified advertising:
Barbara Crome,
482-9097

ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer
Photo Editor: Rita Linsey
Staff: Patty Ecker, Larry Swartz, Jerry Spector
Photos: Bud Bradley
Classified Ads: Barbara Crome
Contributors: 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. To access Inside Leisure Village online, go to: Google.com, enter Inside Leisure Village. When choices come up, click on "repository.library.csuci.edu/handle/10139/646."

June Edition Deadlines

Deadline for letters, club news, stories, photos and classified ads for the June, 2018 issue is Tuesday, May 15 at 5:00 p.m. The Display Advertising deadline is Monday, May 22 at noon. Publication is scheduled for Friday, June 1, 2018. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy (a last resort for submissions) should be double-spaced and deposited in the ILV box in the Rec. Center hallway.

Contact: John Mayer, Chairperson at 388-4642. 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
Tue	1	Players Guild - Rick Jarrett – 3/16 (71 min)
Wed	2	Women's Club - Fashion Show - 2011 (1 hour)
Thu	3	LVA 101 - #16: Community Associations Institute – 2015 (33 min)
Fri	4	Richard Weiss Presents: Dances For Piano -2014 (58 min)
Mon	7	LVA OPEN BOARD MEETING – LIVE (10 AM only)
Tue	8	LVA OPEN BOARD MEETING - TAPED
Wed	9	L.V. Musicians Presents: Groovin' Easy Swing Band - 2012 (17 min)
Thu	10	Players Guild - Light Up The Sky - 1990 (2 hours)
Fri	11	LVA OPEN BOARD MEETING - TAPED
Mon	14	Cooking Show - Sweets for Your Sweetie -2014 (27 min)
Tue	15	Famous Flying Machines - (21 min)
Wed	16	Players Guild - An Evening With Dorothy Parker-2008 (49 min)
Thu	17	Showtyme - Jimmy Chapel - 2011 (1 hour)
Fri	18	Shared Experiences: A.D. Flowers & June Hirsh - (1 hr. 6 min)
Mon	21	What Was My Line – Sid Alweiss, Dick Olson, Sharon Jones - (42 min)
Tue	22	LV Pet Show & Parade - 2012 (47 min)
Wed	23	Players Guild - A Night Of Dance - 2012 (35 min)
Thu	24	The L.V. Newsreel - 2003 (1 hr. 3 min)
Fri	25	F.Y.I. - John Bailey interviews - #15 (38 min)
Mon	28	LVTV - Diana Allen's Miniatures - (31 min)
Tue	29	Women's Club - David Zasloff – 2/17 (64 min)
Wed	30	LVA 101 #17: Welcome & Insurance Committees – 2015 (38 min)
Thu	31	What Was my Line - Roy Badger, Sharon Hahn, Roz Feldman (46 min)

IN MEMORIAM

Renny Golditch V - 18

To submit a memoriam, call Loretta Reshes, 388-7116

BRIEFS

CAMARILLO AREA TRANSIT (CAT)

The Dial-a-Ride must be personally requested the day before your trip. The CAT fixed route schedule is in the Rec Office. It is FREE to Leisure Villagers. There is no service on Saturday and Sunday. (988-4228). The CAT SHOPPER SHUTTLE is Tuesday only from 10:00 a.m. thru 1:00 p.m. Final return trip arrives back at 3:00 p.m. For only \$1 round trip, you can go to the Target area, Ralphs, Trader Joe's etc. (383-5615)

UNITED BLOOD SERVICES - BLOODMOBILE LOCATIONS IN CAMARILLO

Monday, May 7, Carmen and Burnley, 1605 Burnley 2:00-6:00 p.m.; Tuesday, May 29, First Baptist Church Bloodmobile, 1601 Temple Avenue, 2:00-6:00 p.m. and Wednesday, May 30, Santa Rosa Technology Bloodmobile, 13282 Santa Rosa Road, 10:00 a.m.-2:00 p.m. For questions please call United Blood Services at 800-715-3699. Appointments can be made on line at www.unitedbloodservices.org

STORYTELLERS (AND SINGERS) WANTED

Here is your chance to make us laugh, cry and/or think! Do you have a funny, touching or important story from your life to tell? On July 19, 2018, Player's Guild will present "Singers and Storytellers." We are looking for Storytellers from our Leisure Village Neighborhood. Stories should be between three and 10 minutes in length.

We're also looking for Singers who would like to sing a song that tells a story (a very broad category of any era). If you do not play an instrument, you will be accompanied by recorded music or live guitar.

All Village Residents are welcome and encouraged to participate. Please contact the show's director, Paul Newman, 805-218-4257 or glarbon@aol.com.

UPCOMING EVENTS

LEISURE VILLAGE OWNERS ASSOCIATION BOARD OF DIRECTORS ELECTION

The process for the election of Association Board of Directors began with the Nominating Committee considering candidates last month. Ballots will be mailed the day of Candidates' Night on May 17, and the results of the election will be announced at the Annual Meeting on June 21.

LV'S ARTS AND CRAFTS FAIRE

The Annual Arts and Crafts Faire will be held on Sunday, May 6 in the AR from 10:00 to 3:00 p.m. Featuring original artistry by Villagers, the event will display and offer for sale a wide range of work by painters of the Village Arts group, by potters who work in the Ceramics Room, by members of the Lapidary Club, the Stoners, and much more. This Annual Faire is a major fundraiser for the arts and crafts groups in Leisure Village.

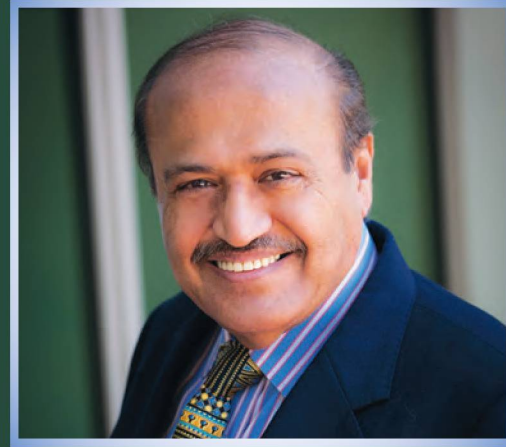
LEISURE VILLAGE HEALTH AND WELLNESS FAIR

The 15th annual Leisure Village Health and Wellness Fair will be held in the AR on May 11 from 9:00 a.m. to 2:00 p.m. Vendors from 55 different health and medical providers will be on hand to answer questions and, in some cases, conduct tests. Breakfast will be served, and treats will be available after noon. Gift certificates and baskets will be raffled hourly.

THE SPRING GARAGE SALE

Cleaning out the attic? The Spring Garage Sale sponsored by the LV Women's Club may be just what you are looking for. The annual event will be held on Saturday, May 12 in the Pavilion from 9:00 a.m. to 1:00 p.m. The Spring Sale is fun and profitable for the sellers and for the Women's Club. This event is a major fundraiser for the Club that contributes so much to Village life.

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Photograph by JOSEPH BENTTI

Neighbors held a surprise party for Ernie Petersen to celebrate her 101st birthday.

ERNIE PETERSEN: IN THE TOP TEN

She loves the view from her house – the 9th hole of the golf course and all that surrounds it. Because of that vista, Ernie Petersen made a snap decision six years ago. She bought this Leisure Village house the first day it was on the market and moved out of Los Angeles, which was her home for 95 years. She's never regretted the move. "I love the climate here, and I can go to the Bocce Court every day," she explains with a smile.

Ernie celebrated her 101st birthday on April 19. She's a member of a very special group here: only 10 Villagers (out of more than 3000 residents) are between the ages of 100 and 104. The rest of her statistics may be unique. She exercises every day. She plays billiards twice a week. She played volleyball into her '70's. Now it's Bocce, although she stopped temporarily when she broke her hip last year. (It's recovering nicely, thank you).

She worked for years for a CPA firm. (She laughs as she remembers that her first CPA job paid \$12 a week.) She raised two children and has four grandchildren and two great grandchildren. Her son and daughter-in-law moved to the Village first (by several years). And they showed her the house she now lives in. Her children pre-deceased her, but her daughter-in-law Marg still lives in the Village. There's some disagreement about who keeps an eye on whom.

"I don't have a secret about how to live past 100," Ernie says with a smile. "I've stayed active all my life. I've always been healthy."

VILLAGE WALK *From Page 1*

a match for the Amelsbergs.

Seventeen years later, Pat and Jon are still committed to that match. They regularly walk two villages – #17 and #37, a total trudge of nearly three miles each time – on the lookout for problems like overgrown trees, weedy gardens, or broken patio fences. When they see a problem, they notify the resident and usually chat about how to fix it. The extra eyes of B & G committee members also assist the Village crews. Pat says homeowners generally appreciate their suggestions and guidance. "We are volunteers with heart, not the grounds police. Villagers usually welcome us."

The Amelsbergs say their B & G work rewards them, too. "We've met so many interesting people. We get good ideas from how other Villagers make their outside areas

welcoming and pretty. And we help new residents learn about Village rules, permits, and boundaries. 'Newcomers' sometimes forget that LV's landscape crews are not our personal gardeners," Pat adds.

They also get a lot of laughs from their B & G work. "One man complained to us that he didn't like the curtain in his neighbor's window," recalls Jon. "And remember the woman who said the parakeet across the golf course was making too much noise?" Pat adds. "She wanted us to fix that."

Jon and Pat take a major trip in their RV each year, off to interesting locales for two months. But their connection to Leisure Village is never diminished. "We love to come home," Jon explains. "We see the houses and grounds and people in a different way when we come through the Main Gate and get reacquainted with the beauty."

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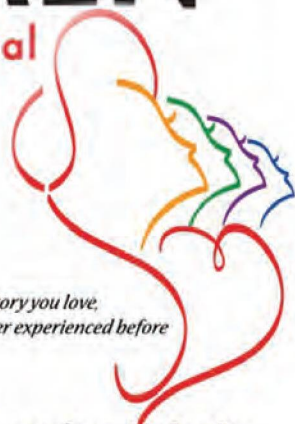
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CLUB IN THE SPOTLIGHT

Musicians Club

By Patrick Moore

Village music lovers will continue in coming months to enjoy genres from Dixieland to classical, mostly for free, thanks to ongoing efforts of the Leisure Village Musicians Club.

As has been the case for the past 25-plus years, LVMC spokesperson Dick Guttman said, the club will continue to crank out the good notes wherever they might be lurking.

For openers, Guttman said, the renowned Grooving Easy Swing Band will continue to set up shop in the LV Assembly Room for rehearsal every Tuesday, 7:00 p.m. Attendees can enjoy coffee and sweets as the band prepares for its upcoming gigs, including the annual Village Concert-In-The-Park set for July 17th when the 17-piece band will perform in the Leisure Village Picnic Area.

Also free to all is the club's Open Mike Night, held monthly in the AR. Both listeners and musicians are welcome to fall by for some fun and



a sip o' the grape, Guttman said.

Musicians Club membership consists of more than 100 primarily music fans and boosters who pay \$10 annually to be a club champion. Guttman said the \$10 membership fee supports the many Musicians Club activities, most of which are offered free to the village.

Guttman said club business meetings are conducted at 10:00 a. m. on the forth Monday of each month in the Multi-Purpose Room, and everyone is welcome.



To divert from the surmised, the club steps out of its reckoned musical mode twice a month for Monday Movie Night in the AR, for no better reason than to flash its rebel side; an unexpected curve-ball change-up. The flicks are always free, and just so you know, Movie Night on May 21, features the classic 1941 Orson Welles landmark film, "Citizen Kane."

Musicians Club presentations for the year include several special events, including a Camarillo High School Jazz Band fund-raiser indoor concert on the afternoon of June 10 in the AR. "Admission is free, however those who wish can contribute to the band for its future efforts," Guttman said.

Then there is the seven-piece Night Blooming Jazzmen, a Dixieland band appearing in the AR on August 12. "It is one of the best Dixieland jazz groups in the country, lead by 93-year-old Chet Jeager," Guttman said.

On Tuesday, Oct. 16, the annual Oktoberfest featuring Hazelnuss, a "phenomenal" traditional four-piece German oom pah band, Guttman said, will perform, complete with German soft pretzels, beer and dancing for all.

Then in December, the 22-piece Ventura British Brass holiday concert is set to perform a serenade with seasonal holiday music.

While most Musicians Club events are free, Guttman said some require a nominal \$5-10 admission.

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04LV314S

Village Artists Featured at Camarillo Art Center



Photograph by PATTI CRICHTON

The LV Art Show held at the Camarillo Art Center included winning art work by (clockwise) Pat McGregor, Alice Williams, Virginia Carbajal, Gwen Zimring, and Lee Truman.

The talent of artists who live and paint in Leisure Village was enjoyed by a wider audience last month when the Camarillo Art Center hosted an

art show featuring the work of LV residents. "It was exciting to share our art with people who live outside our gates in Camarillo and beyond," said Kathy Whitesell, who lives in the Village and is the liaison between the two art groups.

More than twenty Village artists displayed their works in the CAC gallery for three weeks in April. The gallery hosts art classes during the week and is open to the public each weekend. "It's a nice location and a privilege to show in this newly refurbished gallery," said LV artist Patti Crichton, as she welcomed visitors to the opening day reception. "I like being more involved with our entire community."

The collaboration between the Camarillo Art Center and LV's Village Artists has been welcomed by both groups. Kathy Whitesell teaches watercolor classes at the Art Center weekly. A gourd class also has started there. And a month-long Art Show for Leisure Village artists has already been scheduled for 2018.

NEW RULES *From Page 1*

candidates who reserve public space for election events will not be required to pay a fee or deposit for use of the rooms.

Previously, candidates for Board positions were not allowed to hold public campaign events, couldn't go door to door to talk to residents, and could not distribute political material or flyers to LV homes. Often "campaign" events took the form of a gathering in a private home for people who were specifically invited. That meant that Candidates Night was usually the first – and only – opportunity for Village voters to hear the positions and campaign promises of the Board candidates. Biographies, personal statements, and photos of the candidates will be posted in the Rec Center Atrium as before.

Candidates Night this year will be held on Thursday, May 17 at 7:00 p.m. in the AR.

Reverse Mortgages

"Afraid of outliving my money"

"Don't want to burden my children"

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Photograph by RITA LINSEY

A large tree was downed by high winds in April, this one on the north side of the Main Gate road. It fell into a Village 13 house just before the homeowners drove through the Gate returning from an errand. They were relieved that no windows were broken, but couldn't determine other possible damage until the tree was removed.

REALTOR CORNER

Sprucing Up Your Homes Curb Appeal

By Sharron Parker

Spring is the time to give your home curb appeal! We're all told not to judge a book by its cover, but, like it or not, your house definitely doesn't get the same break. Everyone who approaches your home is forming an impression before setting one foot inside. The next time you come home, stop across the street or far enough down the driveway to get a good view of the house and surroundings.

Cleaning gutters and windows, sweeping and removing debris and spider webs, a new doormat, light fixture, door-bell, door hardware, front door paint or new door (with Leisure Village Architectural permit approval), trimming, weeding, raking and even some fresh new plants will all help to create a fresh, inviting entry to your home.

Of course, the same ideas apply to the back of your home. Many times, older modular patio rooms and patio covers can be removed to create more light and a cleaner, fresher look. Original garage doors, wood fences, exterior wood patio rooms will all have to meet Leisure Village Association compliance should you want to sell your home. For more specific advice, if you are going to sell your home, an experienced Leisure Village Realtor will be of great assistance in creating the emotion desired to appeal to prospective buyers.

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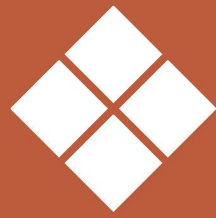
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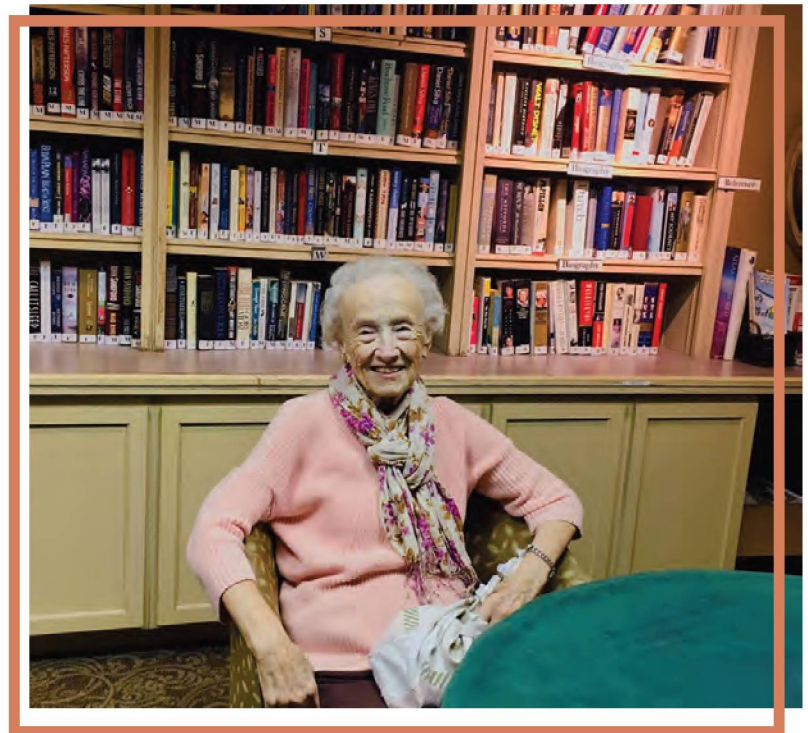
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Residents of The Reserve Delna Jacobs - 93 years old

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”



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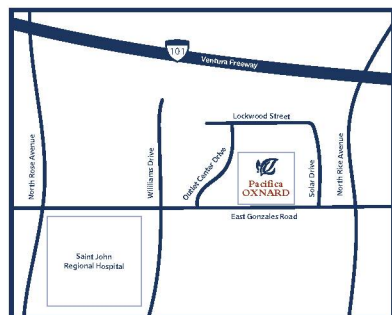
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CLUB NEWS

BILLIARDS CLUB

By Patrick Price

Another successful Billiards Club tournament has come to an end. The proud shooters who came in 1st, 2nd and 3rd are – SA – Gary Bunch, Gerry Sarno, and John McGava, A1 – Chuck Dolan, Kathy Wirtz and Chuck Hall, A2 – Frank DeSimone, Ruth Stubba, and Al Bendekgey, all respectively. It was pretty exciting with some great shots, and some lucky ones too. There are no Billiards Club activities in May (if you have the current BC calendar, the Picnic-in-the-Park has been moved to Saturday, June 23 at noon in the picnic area). But the Round Robins and LCR on Thursday nights have restarted. Be there about 6:00 p.m. to sign-up and help setup LCR. The Billiards Club is asking for contributions of soft drinks, wine, beer and snacks for these evenings. The weather is getting great for some fire-pit/patio fun on Thursday nights – with enough participation.

IN OTHER WORDS

By Frank Seiden

In May, one lesson will address how to prepare for writing about a character so that the reader gets

the feel of personality and appearance and the other is on ways of bringing inanimate objects into active roles in stories. The importance of how to present a character is obvious. Bringing inanimate objects into active roles in stories or poems enhances storytelling as in children's stories, sci-fi or thrillers.

Our meetings in May will be on Wednesdays the 9th and 23rd. We enjoy having visitors either listen or join our discussions on writing technique. So come at 2:00 p.m. on those days and find out if we fit your interest.

LV PHOTO CLUB

By Rita Linsey

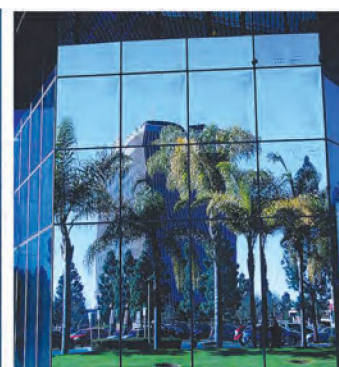
Bring your smile to the May 6 Ye Ole Craft Faire where the LV Photo Club will be set up and available to take photos of attendees for a reasonable fee. For more information, contact Rita Linsey at 484-8653 or rdlinsey@gmail.com.

The next meeting for the LV Photo Club is on Thursday, June 7 at 6:30 p.m. in the MPR. The Assigned Category for June is "Leading Lines." All residents are invited. Club dues are only \$10 a year. Take a look at our winning photographs in the Rec Center hallway and the MPR. Contact: Ken, ken.lauchner@roadrunner.com, or at 491-2432.

CAMERA CLUB WINNERS • OPEN CATEGORY



■ 1st— Marlene Votion,
So Apeeling



■ 2nd— Al Sarnelle,
Mirror Image

CLUB NEWS

LV BOWLING

By Alan Singer

Hello bowling fans - aficionados, experts, and all those who may care. Thank you for reading my column. We've completed 29 weeks of fun, socializing, competition and, of course, bowling. There is still time to join - TEAMS NEED YOU. It's getting exciting; seven teams are within 7 1/2 games of first place. If you want to bowl, you can be a substitute. Subs pay the regular fee of \$10 per week and bowl when they can; they don't pay if they don't bowl. Substitutes will be welcome to attend the banquet and join a team. This is a handicap league, so everyone is equal. Come on down to Harley's and join. Get more information by calling Joe at 818-518-5742.

NOTEWORTHY:

A special heads up to the winners of the grueling Ladder Tournament: Joe Quackenbush, Al Feldman, Leslie Fox, Irving Bergman CONGRATU-

LATIONS to the winners!

200 GAMES:

Danny Coleman 234, 214, 247, 224, 203, 227, 227, 233, 201, 206, 244, 207,244,209; Mitchell Falk 203; Dennis Durand 202, 216,202, 204; Joyce St. John 202; Bob McQuivey 224, 203; Alan Singer 207; Wilma Hutson 202

SIDE POT WINNERS

Week 26 Vivian H, Betty H. Joyce St, Earl B., Bill K. Danny C.

Week 27 Gail S, Joyce St, Elaine H, Fuzzy M, Alan S, Bill K

Week 28 Leslie F, Joyce St, Peggy R, John A, Don C, Bill K.

Week 29 Wilma H, Joyce St, Leslie F. Fuzzy M, Gene K. Al F.

LV RV CLUB

By Jean Tucker

The Leisure Village RV Club spent an exciting weekend tailgating at the Santa Anita Racetrack in April for the Kentucky Derby qualifying races. Eight rigs circled up in the



Photo by JACK MILLER

RV Club race track outing.

track's parking lot on Friday afternoon where the ladies proceeded to whip out their glue guns and decorate race day hats for Saturday's events. Saturday's festivities opened with club members inside the track Winner's Circle while thousands of pounds of highly polished horse flesh pranced by for the first race. Club member Jeannine Ryan had the honor of issuing the "Riders Up" command to the jockeys for the race and the group retired to the Clubhouse Sierra Terrace for brunch, beverages and betting. A

lovely day at the races was completed by an evening camping on the Santa Anita Parkway asphalt with a pot luck dinner, warm campfire (pit) and gorgeous California sunset.

Are you interested in a fun group of people who like to talk about the joys of traveling in an RV and occasionally take a trip in one? Join us for our usual mischief at our next meeting on Tuesday, May 8th, at 7:00 p.m. in the Santa Rosa Room (in the Clubhouse extension behind the Rec Center) and bring your suggestions for future trips!

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CLUB NEWS



MEN'S GOLF

By Joseph Benti

The Men's Club hosted the Women's Club last month for the annual TeeTimer's tournament. Because the AR kitchen was being remodeled, Club members Dave Bengtson and Chuck Dolan prepared the chicken and tri-tip at the barbecue area and then turned it over to a great crew (too numerous to name here) who served it in the AR. First place 18-hole winners were: Bob Driscoll, Ray Nakata, Gary Peck and Dick Briggs; 9-hole winners: Mary and Marv Kasen; Sue Lind and Deb Bozayjian.

At our April meeting, Harvey Harris urged that more be done to replace dead trees along the golf course. Retired landscape architect Don Marquardt (noted Civil War lecturer, golfer and Association Board member) provided background information on the Village's nearly 5,000 trees. He noted that dying pine trees are draining budgeted landscape funds that normally would include more plantings. He also mentioned his recent program enabling Villagers to donate trees that were planted along Leisure Village Drive. President Sarno then received an overwhelming vote of approval from the Members to allocate \$500 from club funds to the Village for the purchase of two new trees. In the past, donations provided several tee-box benches for the course. Perhaps donating trees is the new show of resident concern for the Village's aesthetic well-being.

Photo by PATTY CRICHTON

Golf TeeTimers BBQ.

PET CLUB

By Ruth Stubba

The Pet Club is helping Dr. Deena Case-Pall with a book she is writing called "A Dog for Grandma". At the April meeting, Dr. Deena related our participation to the chocolate chips in a chocolate chip cookie. To get started, she handed out questions for us to ponder, such as "when you got to know your dog better, were there any surprises?" More to follow when Dr. Deena returns to our meeting next month.

At the next meeting on Monday, May 14 at 7:00 p.m. in the MPR, our main speaker will be Dr. Andy Miller from Mission Oaks Veterinary Clinic. We asked him to tell us about the latest improvements in veterinary care and the financial implications. In addition, he always answers general pet care questions from the audience.

Our monthly Moorpark Zoo sponsored animal visits are underway. The next two visits are scheduled for Saturday, May 19 at 2:30 p.m. and 3:00 p.m.. Club members may sign up at the meeting or contact Ruth Rosen at 805-419-6675. We serve refreshments and welcome all visitors. Club dues are \$5.00 per calendar year, if you would like to become a member. Contact Ruth Stubba at 496-7188.

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CLUB NEWS

LV Ping Pong Club Presents

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RACQUET CLUB

By Len Zakas

The Racquet Club voted to discontinue using the phone-tree announcement program. The club will now send an email each month with club news and then post a copy of the email on the club bulletin board. Make it a habit to stop at the bulletin board to check for event and schedule updates, signup sheets, and all things important to our different sports.

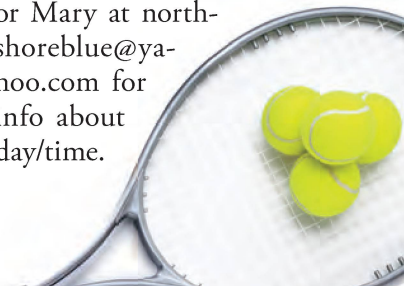
Friday, May 18, at 5:00 p.m. is the kick-off of the 3rd Friday Summer Social & Sports Night. Tennis, Pickleball, Paddle Tennis players gather at the courts for fun, play, and potluck snacking. Don't spend hours in the kitchen -- fix (or buy) something easy. Come late or leave early as your schedule permits. Water provided. BYOB soda or stronger.

All 36 entrants in the March Spring Fling Tournaments had so

much fun that our Tournament Master, John Peterson, is scheduling both a paddle tennis tournament and a pickleball tournament for June. Watch the bulletin board for exact dates and sign-up sheets.

The Summer Picnic is planned for the first part of August. It will be a potluck luncheon held in the Pavilion area. Do you have a signature dish or special summertime salad? This is your opportunity to show off your culinary skills. More info as we get closer to the date.

RUSTY TENNIS PLAYERS are those who have played tennis and want to play here in Leisure Village. Email Georganne at Georganne.norton@icloud.com or Mary at north-shoreblue@yahoo.com for info about day/time.



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CLUB NEWS

CAMERA CLUB WINNERS • CREATIVE CATEGORY



■ 1st— Marlene Votion -
Circle of Color



■ 2nd— Jean Kohut -
American Goldfinch

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hello to everyone; as I sit here writing this column for the month the sun is shining and it's a beautiful day here at Leisure Village. There are many activities to take

part in, and we would like you to give our dance party on Saturday evening a go. We have several male dance hosts to get us ladies on the dance floor. All types of dancing is played by our live bands - swing, latin, waltz and several line dances. The May schedule: 5/12 - Tropic Starr (Mothers Day) and 5/26 - Wyatt Haupt (Memorial Day)

We hope you will join the party

for the fun, dancing and listening pleasure. We have coffee, punch and great refreshments along with fresh popcorn as well as an entrance ticket raffle for three different bottles of wine. Admission \$10 per-person; dancing is from 7:30 to 10:00 p.m., doors open at 7:00. Exercise is great for the mind and body and "Dancing" is at the top of the list. See you there with your dancing feet and always a big smile.

SHOWTYME

By Jennifer Stein

UP CLOSE AND PERSONAL WITH RICK JARRETT. Rick Jarrett has performed at LV for many years. Rick's talents are numerous to say the least. His voice has been compared to a combination of many singers including Lou Rawls, Johnny Mathis, Elvis Presley and Garth Brooks. His career started in high school musicals, which earned him a music scholarship, but that was put on hold while he served in Vietnam. Though Rick got a late start, he has become an accomplished performer with performances at the Forum & Hollywood Bowl, as well as performing on the television show "Days of Our Lives." In addition, Rick is actively involved in honoring and protecting the rights of veterans, the care and well-being of senior citizens and promoting the importance of children's education, rights and health issues. Rick's passion for music includes a variety of songs, ranging from swing, Latin, old school R&B and smooth ballads. It is with great pleasure that Showtyme welcomes back Rick Jarrett, on Friday, May 11 at 7:30 p.m. in the AR. Doors open at 6:45. Members no charge, non-members, a \$3 donation. There will be a 50/50 Raffle with two winners. Refreshments following the show. Let's pay it forward to Rick, and applaud not only his performance but his dedication to human kindness.

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CLUB NEWS

SINGLE ACTIVE SENIORS (SAS)

By Lee Edwards

We are getting ready for our May dinner at Ottavio's I hope to see you on May 8 at 5:00 p.m. Please call me for your reservation at 484-3289.

THE MAVERICKS

By Margo Secia

The month of May brings us to the "Annual Meeting and Dance" on Friday, May 25, 2018 at 7:00 p.m. in the AR. President John Wirtz will give us an over-all view of the upcoming year for the Club and will answer any and all questions from members. We would also like to hear from members who may have some ideas as to any new events they would like the Board to consider putting on the calendar.

There will be no tickets to purchase for this night, but we are requesting that everyone bring an hors d'oeuvres or a dessert to share. The Club will provide coffee and water, but as always, you may BYOB. We are having "The Generation Gap" for your listening and dancing pleasure.

Yearly dues of \$5 per person for the upcoming year May, 2018 to May, 2019 can be brought to this meeting and you will be a paid-up

member for the fun year ahead.

If you have any questions or comments, please feel free to contact President John Wirtz at 384-8508 or Vice-President Ruth Stubba at 496-7188.

VETERAN'S CLUB

By Tim Palmer

The Veterans Club meets every fourth Thursday at 7:00 p.m. in the MPR. Our purpose is to share camaraderie with fellow residents who have served in the Armed Forces. We have had speakers who have combat experience in World War II, both on the ground and in the air, as well as authors who have written about combat heroes. Our May speaker is Brenda Cheatham, who lived in Siagon, Vietnam in 1967 – 1968 while married to her husband Tom, who was a United Press International correspondent. During that time, Brenda worked for the Naval Commander, US Navy Department of Construction.

We want veterans to feel proud that they wrote the blank check to Uncle Sam, willingly offering their lives in the defense of our country. Veterans, their families and any interested residents are invited to join former service members for relaxing esprit-de-corps and story-telling. Refreshments will be served.

CAMERA CLUB WINNERS • ASSIGNED CATEGORY



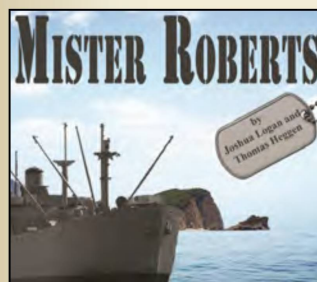
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■ 2nd— Frank DeSimone - American Goldfinch

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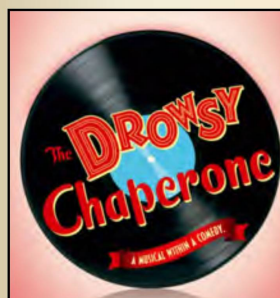


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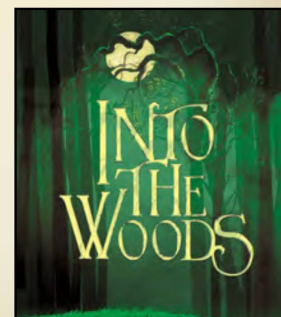


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CLUB NEWS

THE STONERS CRAFT CLUB

By Fil Barton

The Stoners continue to meet every Monday, at 3:00 - 5:00 p.m., in the MPR. We are now welcoming anyone who, not only wishes to create jewelry, but creates anything handcrafted, as well. We welcome crafters to participate with the Stoners and share/instruct their individual creative ideas with everyone. We continue to do most jewelry repairs, for which a donation is appreciated. For repairs, you may contact Fil Barton at 987-3637.

Don't forget to mark your calendars for the annual 'Ye Olde Arts and Crafts Faire, to be held on Sunday, May 6, in the AR, from 10:00 a.m. - 3:00 p.m. As usual, for a small donation, we will be serving hot dogs, chili, chips and drinks available throughout the day.



Photo by ARLETA HOWARTH

The art of Batik is practiced by Stoners at a recent meeting.

WRITERS CLUB

By Harvey Brosler

WRITE-PRESENT-PARTICIPATE-ENJOY-LEARN. We all have significant events in our lives. Would you like to share aspects of your life, and your opinions with other residents? Come to the Writers Club meeting held every Monday at 100:p.m. in the MPR. No special ability or prior experience required. You may write on any topic, fiction or nonfiction, or use the Suggested Topic for that day. Microphones are provided. Residents who may consider becoming a member are invited to attend any of the meetings to listen to the presentations and participate. Stories of The Month are displayed just inside the entrance to the Village Library. Contacts: Larry Kalisher 465-0042, larry.kalisher@gmail.com, or Harvey Brosler 465-0006, hsbros@roadrunner.com



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CLUB NEWS

VILLAGE MUSICIANS

By Herb Stein

Our open-mike night is going to Friday, May 4 at 7:00 p.m. in the AR. This event is free to leisure residents. Anyone is welcome to entertain, using our piano or their own instruments. Refreshments are available. Contact Sharon Hames at 445-7178.

Our next movie will be on Monday, May 7 at 7:00 p.m. in the AR. The movie is "Catch Me if You Can" - the true story of a very clever impersonator and the federal agent that finally tracks him down. Leonardo DiCaprio and Tom Hanks star. Free admission and popcorn will be available. Contact Sharon - 445-7178 or Dick Guttman - 484-5806.

On Friday, May 21 at 7:00 p.m. in the AR, our movie night will feature Orson Welle's all-time classic "Citizen Kane" and, in the background, "Rose-

bud." As with all our movie nights, admission is free for all LV residents and also a good source of popcorn. Contact Sharon Hames, 445-6718 or Dick Guttman, 484-5806.

The Groovin' Easy Band hold rehearsals in the AR every Tuesday at 7:00 p.m. unless there is a holiday. Admission is free, along with refreshments during intermission; a great way to spend an evening. Contact Dick Guttman, 484-5806 or Herb Stein, 987-9598.

VILLAGE ARTS

By Patti Crichton

Village artists were showcased at the Camarillo Art Center in April. Lee Truman scored the first place prize ribbon for his painting. Bob Weaver took second place, and Pat McGregor received third place. Gwen Zimring and Alice Williams earned Honorable Mention for their art work.

Stephanie Fielden offered a water-

color class to members on May 1st. Gwen Zimring will be our featured artist in the Library in May. Judith Klement demonstrated pastel and acrylic techniques at our May 2nd meeting.

Village artists will be participating in Ye Olde Craft Faire on Saturday, May 6th in the AR. Set up begins at 8:30 a.m. On June 6, the Village Arts meeting will be in a different location. We will meet in the Santa Rosa Room to watch a DVD 'Loving Vincent' about the life of painter Vincent Van Gogh. There will be no meeting in July. (Happy 4th of July!)

Please mark your calendars for our annual potluck picnic in the Pavilion on August 1st.

WII BOWLING

By Ginny Bryce

Our latest Bowling for Dollars contest was on May 1st, 2nd, and

3rd, 2018. The winners will be announced in the next edition.

Wii-Bowling is a lot of fun. Come join us. Wii-Bowling is held Tuesdays, Wednesdays, and Thursdays in the Club House. It is open to all. For information, Barbara Bell at 805-388-2264.



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CLUB NEWS



Spring into Fashion Show

Fashions by Macy's

Leisure Village Women's Club

May 10, 2018 1:00pm, Assembly Room

Tickets \$10.00

Light Refreshments and Dessert

Tickets On Sale Monday, Wed. & Fri. 9-11am

In The AR Lobby Starting April 20th

WOMEN'S GOLF

By Patti Crichton

Wednesday morning tournaments have changed to an 8:00 a.m. start, until November 1. It is time to sign up to play for the Club Championship, which is a two week Low Gross tournament on May 16 and May 23.

Important change of date for the monthly May meeting; it will be May 16 at 2:00 p.m. in the Garden Room.

The LV Rummage Sale is on Saturday, May 12. Please bring any donations to the golf shack. Big items can be brought the morning of the sale. Call Marge Sarno with any questions at 437-6944.

Thanks to Men's Golf for hosting the Tee Timer tournament and tasty BBQ Luncheon!

Nominations for the Women's Golf Board of Directors were presented and accepted. The Installation and Awards Luncheon will take place on June 27th.

Match Play is coming up in June. More information will be available from Merle Ruiz at our May golf meeting.

WOMEN'S CLUB

By Louise Romero

Are you thinking of buying a new outfit? "Spring into Fashion", the Women's Club Fashion Show with fashions by Macy's will be held May 10, at 1:00 p.m. in the AR. Tickets are \$10. Call your friends and buy your tickets soon. Tickets are on sale Monday, Wednesday, and Friday, 9-11:00 a.m. in the AR Lobby. Light refreshments will be served. Don't miss this fun event!

Boutique hours and day are Wednesday, May 16, 4:30 to 6:30 p.m. in the AR Lobby. Shop the new items and new look! Volunteers are needed to help in the Boutique. Contact Susan Stein at (917) 886-2615. The Social Workshop days are May 8, 15, and 22, anytime from 9:00 to 11:00 a.m. in the MPR.

The Women's Club Spring Cleaning Sale will be held in the Pavilion, May 12, from 9:00 a.m. to 1:00 p.m. This is a community event and opportunity to de-clutter with 40 tables of items for sale by Leisure Village residents and their guests. Contact Susan Rockwell at (805) 279-0613 for more information.

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CLUB NEWS

WOODSHOP

By Bud Bradley

The Woodshop welcomes residents who are interested in joining our group of woodworkers. If you have interest and can demonstrate basic safety skills with equipment you wish to use, such as a sander, scroll saw, chops saw, band saw and drill press, please call Ron Quick at 805-603-8456.

Our Woodshop Committee members are available every Tuesday and Wednesday between 10:00 AM and 12:00 noon to repair most wood items for Villagers. We gratefully accept donations to help defray the cost of normal materials and supplies.

Through March, 2018, the completed jobs are as follows:

Resident Projects: 63

LV/Club projects: 11

Quickie projects: 20



Photo by BUD BRADLEY

Let's enjoy the patio and the new patio furniture made in the Woodshop by Sam Levy.

The Annex is set up with basic power tools and continues to add and update equipment and supplies. If you are a skilled crafts-person and can demonstrate those skills, you can gain access to more complex tools and equipment in the Main Wood Shop. Finally, a reminder to current key-holders-should you have completed a project that you would like to highlight, we will post a photo of it on the bulletin board outside the shop. Email your photo to Bud Bradley at Hipbud2@gmail.com.



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PAID ADVERTISEMENT

What are Adjustable Beds and Why is Everyone Talking about them?

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
- A smooth, whisper quiet motor

Camarillo Mattress has memory foam, latex and innerspring mattresses, some of which can be purchased separately from the base. Talk with Debbie, the owner. She'll help you find the adjustable bed that's just right for you AND your lifestyle.



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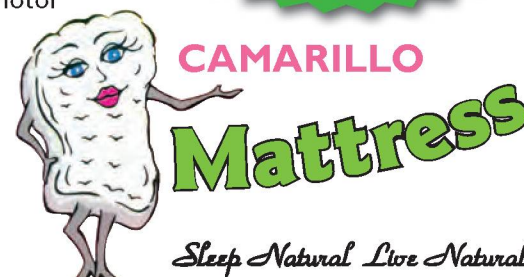
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Joining the 2% Club



Justin Zilbertstein, surrounded by Scouting Elders

By Lindy Stein

On November 19, 2017 I attended the National Eagle Scout Court of Honor to celebrate four young men having earned the highest achievement in Scouting. They called themselves the Pineapple Vikings (although the meaning of this escapes me). As each boy is accepted by the Board of Review, they are given a number representing the order they completed all requirements to become an "Eagle." BSA Troop 127 assigned numbers 95 through 98 consecutively. Admittedly, I was personally unaware of the difficulty of this endeavor and would like to share this journey with my friends and neighbors.

Since 1912 until present, more than two and one half-million Boy Scouts have earned the Eagle Scout rank. Only about two percent of Boy Scouts go on to become an "Eagle." To earn the Eagle Scout rank the Scout must fulfill specific requirements in the areas of leadership, service, and outdoor skills. There are 138 badges available. Of these, 21 must be earned to qualify.

One of the four outstanding young men, number 98 was my grandson, Justin Zilberstein, who earned all

138 badges. Since the inception of Scouting, one hundred eight years ago, only three hundred fifty four Scouts have managed to achieve that distinction. Justin completed his Eagle Scout project at Paramount Ranch in Agoura. Aided by the Santa Monica Conservancy, Scouts and volunteers constructed a rodent proof storage room and restored three outdoor picnic tables.

Justin credits his parents, who encouraged him to join scouting, and his father mentored him throughout the process. He expressed his gratitude to his troop leader and his patrol the Pineapple Vikings, and the Scouts in troop 127. Justin states, "The benefits of scouting stretch into both schooling, business and plans to pursue in college." He will study international business with an emphasis on Chinese relations.

At only eighteen years of age, Justin has accomplished much. In high school he was Captain of the tennis team and is ranked 706th in the nation. So far, eleven colleges have accepted him, but he hasn't made his final selection.

Way to go "Number 98"!

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IN HONOR OF MOTHER’S DAY, SUNDAY MAY 13TH!

A Mother’s Dictionary

Contributed by Jerry Spector

AMNESIA: A condition that enables a woman who has gone through labor to have sex again.

BOTTLE FEEDING: An opportunity for Daddy to also get up at 2am.

DEFENSE: What you’d better have around “de yard” if you’re going to let de children play outside.

DROOLING: How teething babies wash their chins.

DUMBWAITER: One who asks if the kids would care to have dessert.

FAMILY PLANNING: The art of spacing your children the proper distance apart to keep you on the edge of financial disaster.

FEEDBACK: The inevitable results when the baby doesn’t appreciate the strained carrots.

FULL NAME: What you call your

children when you’re mad at them.

GRANDPARENTS: The people who think your children are wonderful even though they’re sure you’re not raising them right.

HEARSAY: What toddlers do when anyone mutters a dirty word.

IMPREGNABLE: A woman whose memory of labor is still vivid.

INDEPENDENT: How we want our children to be as long as they do everything we say.

LOOK OUT: What it’s too late for your child to do by the time you scream it

PRENATAL: When your life was still somewhat your own.

PREPARED CHILDBIRTH: A contradiction in terms.

PUDDLE: A small body of water that draws other bodies wearing dry shoes into it.

SHOW OFF: A child who is more talented than yours.

STERILIZE: What you do to your first baby’s pacifier by boiling it and to your last baby’s pacifier by blowing on it.

STOREROOMS: The distance required between the supermarket aisles so that children in shopping carts can’t quite reach any.

TEMPER TANTRUMS: What you should keep to a minimum so as to not upset the children.

TOP BUNK: Where you should never put a child wearing Superman jammies.

TWO-MINUTE WARNING: When the baby’s face turns red and they begin to make those familiar grunting noises.

VERBAL: Able to whine in words.

WEAKER SEX: The kind you have

after the kids have worn you out.

WHODUNIT: None of the kids that lie in your house.

DEFINITION OF A MOTHER’S JOB: Full time job, 24/7, no vacation, no time off, no breaks, no raises, no pay, cook meals clean house, wash and fold laundry, chauffeur the kids to school, doctors, dances, sports and to friends, baby sit, plan vacations, parties, help with the school work, shop for groceries, food and clothing, referee the kids and keep the husband happy. No retirement package. Other miscellaneous duties as needed. No experience or references required, must be a self-starter.

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COOKING WITH LARRY

The Six Minute Louvre

By Larry Swartz

Famed humorist Art Buchwald recorded a very funny piece years back on how to do the Louvre in Paris in six minutes. I was reminded of this the other day when Kathy Wirtz was telling me a story about her mom, who made this great fudge dish in the microwave in three minutes. She called it "Three Minute Fudge". So why do you not see that recipe below?

First off all, we did desert last month, second of all, and this selfish, I'm thinking of buying an "Instant Pot," and Kathy promised me her chicken noodle soup recipe. Instant Pot is a new-fangled combination cooker that can act as a pressure cooker, slow cooker, rice cooker, yogurt maker et al... I gotta have that appliance. If you hate to cook



Photograph by JOHN WIRTZ

I wouldn't be caught dead using an "Instantpot!"

or love to cook but hate to clean up, you might want to check it out. And third of all, my other choice was what Kathy refers to as the main stay of the East Coast Diet...mashed potatoes and gravy. Now I LOVE mashed potatoes and gravy, in fact I had a restaurant idea once that was going

to be called "GRAVIES"... where every dish on the menu was in some kind of gravy. Ummm!

Instant Pot Chicken Noodle Soup Ingredients

2 tbsp butter

1 large onion chopped

2 medium carrots chopped

2 stalks celery chopped

1 tsp pepper

1 tbsp parsley chopped
(1 tsp if dry)

1tsp thyme dry

1tbsp oregano (1 tsp if dry)

4 cups chicken broth

1 can cream of chicken soup

2 lbs cooked chicken (use at least one chicken breast)

4 cups water (if you boil chicken first, keep water to add)

5 oz egg noodles uncooked
(about two cups)

Turn Instant Pot to the SAUTE setting. Add butter, cook until melted. Add chopped onion, carrots and celery; sauté for three minutes to soften veggies. Season with pepper, add the thyme, parsley, oregano and stir. Pour in the chicken broth and creamed of chicken soup. Add the chicken pieces and another four cups of water or the water that you used to boil the chicken.

Close the lid. Set to the SOUP setting and timer to seven minutes. After the Instant Pot cycle is complete, wait until the "natural release cycle" is complete, about 10 minutes. Carefully unlock and remove the lid from the instant pot. Add dry noodles to the soup and re-set the appliance to the SAUTE setting leaving the cover open. Cook for another six minutes uncovered, or until the noodles are cooked. You might have to hit the sauté button again if the noodles are not cooked. For thicker soup, add 2 tbs of corn starch to a cup of the hot soup and pour back into the soup and mix.

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Did you know that the DMV has the power to **permanently** take away your driver's license if they:

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- Receive a notice from the police that you have had an accident and may be a dangerous driver
- Receive a report that you are an unsafe driver from a family member or a friend who is willing to identify themselves

A loss of your driver's license results in a loss of independence, freedom and the ability to go where you want, when you want.

I have handled many Reexaminations over the past 17 years and have a very high success rate. I know how the process works and what we need to do to maximize our chances of getting your license (and your independence) back. Don't try to face the DMV alone – call me and together we will devise a plan to get your license back.



05LV307S

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HEALTH CORNER

COMMON EYE PROBLEMS IN AGING ADULTS & RISK REDUCTION TIPS

By Andy Smith

Like all of our primary senses, we tend to take our vision for granted. It helps us navigate everyday life, from the moment we wake up to the time we go to sleep - and yet, how often do we really stop to think about the biological processes involved, or even the possibility that our eyes might fail us? For many aging adults, the concern of failing eyesight is quite real.

Past the age of 60, a number of eye diseases can begin to develop, a majority of which have the potential to permanently damage one's vision.

What's more, the symptoms associated with these diseases often do not manifest until later in the development cycle. So, while one's vision may seem completely normal, there may be problems brewing.

Here are the four eye diseases seniors should be aware of:

- **Glaucoma:** Technically a group of eye diseases, glaucoma is the result of pressure buildup inside the eye, which ultimately damages the eye's optic nerve. As glaucoma progresses, one may experience his or her peripheral vision to weaken. Prior to that, however, there are no initial symptoms. In fact, it's estimated that nearly 1 million people have glaucoma but are unaware.

- **Age-related macular degeneration (AMD):** Although it rarely results in blindness, AMD deteriorates one's central vision because of damage to part of the retina called the macula. With this central or "straight ahead" vision affected, activities such as driving or reading become challenging.

- **Cataracts:** Defined as the clumping of proteins within the lens of the eye, a cataract causes cloudy or opaque vision. Those who have had vision affected by cataracts must have surgery to remove the cloudy lens and replace it with a new one.

- **Diabetic retinopathy:** This is a complication of diabetes, wherein blood vessels in the eyes burst and bleed, eventually detaching the retina. Those with diabetic retinopathy experience shadows or dark objects that float within their field of vision. While



there is no cure, laser treatment is often effective in preventing blindness before the retina becomes too damaged.

RISK REDUCTION:

What Seniors Can Do

Like all of our organs, eyes are not immune to the process of aging. A gradual decrease in vision may be normal as we age, but it's not uncommon for seniors to have excellent vision. Encourage your aging loved ones to take the following steps to ensure their eyesight remains sharp late into life:

- Schedule a comprehensive eye exam annually (at a minimum), to check for: Visual acuity (measuring sight at varying distances) Pupil dilation (widening the pupil using drops, to determine signs of disease) Tonometry (measuring fluid pressure within the eyes)

- Protect eyes from ultraviolet light. If going outside when it's sunny, be sure to wear a wide-brimmed hat and sunglasses.

- Don't smoke, or take steps to quit. The chances of developing many of the aforementioned eye diseases increase dramatically if you smoke.

- Exercise regularly and follow a healthy diet (with physician's approval), with foods high in antioxidants, omega 3 fatty acids, vitamins A and C, and magnesium. Pay close attention to sugar intake especially, as studies indicate sugar has a significant impact on eye disease formation. Always check with your physician before making any dietary changes.

- Notify your optometrist immediately if you notice any changes in vision.

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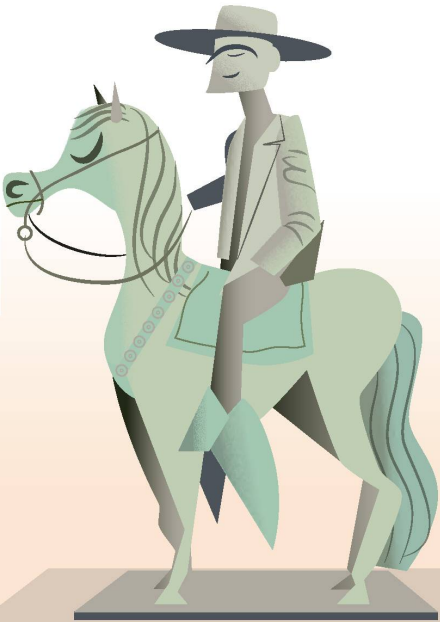
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