



NEW HORIZONS

WEEKLY NEWSLETTER

*The Official Publication
for the Board of Directors,
Residents and Owners*

WEBSITE: www.nhsb.org

January 24, 2014

E.MAIL: newhorizonsnews@yahoo.com 22727 Maple Ave. Torrance CA 90505 Phone: 310 325-3080

EDITOR: Jacob Aslay 310 325-3080 (Office) Fax # 310 325-8926 AD. MGR.: Paul Cohen 310 325-3080 (Office)

A note from "Getting to know you!"

We invite everyone to visit "Getting to know you" which is held every Sunday, at 1 pm! It is a great way to meet your neighbors and enjoy refreshments. After that, some of us play a domino game called "Mexican Train" or whatever else you want to play.

In February we will have a guest tell us about "The Flapper Girl" & costume jewelry! She, Ann Berryhill, will also have some jewelry on display as examples! She is very knowledgeable on this subject.

Watch our Newsletter for the date. We are also planning other types of entertainment in the weeks to come! Hope to see you there!

Any questions call Arlene Cofield

1-424-263-2039

* * * * *

CIC NEWS

LAST CHANCE TO BE IN THE 2014 NEW HORIZONS TELEPHONE DIRECTORY !!!

This is New Horizons 50th Anniversary Directory. If you have recently moved in and have not been contacted, or have missed your call, please call Mary Lee Lombardi at 310-602-7116 or Paul Cohen at 310-200-2575.

CIC's next exciting meeting is on Wednesday January 22, at 7 pm in the Clubhouse Lounge. There will be refreshments and 50/50 raffle.

Everyone is welcome!

Hello Everyone:

I am reminding everyone that parking here at New Horizons South Bay is becoming more and more crowded. If you have garages please use them so others who do not have garages are able to park in the public areas. Remember that the RED AREAS are definitely forbidden to park in: they are strictly for emergency vehicles such as Police cars, Ambulances and Fire Trucks. There is the 72 hour rule which means your vehicle can only be parked in the same spot for 72 hours. Please follow these rules and it will make parking more pleasurable for the residents here at New Horizons.

Thank you for your cooperation!!

Jeannie Rennhack

Chairperson, Condo Code Enforcement Committee

* * * * *

Just a note

Did you know that New Horizons has a Knitting Club? And it is not only for knitters.

A group of us get together once a week to enjoy a couple of hours of working with our hands on needlework, like knitting, crocheting, and embroidery, or other handiworks. And don't let the word 'knit' scare you. We welcome anyone who would like to do any kind of needlework. And if you think you have forgotten how to do any of the needlecrafts you learned as a child, we will be glad to help you get started again.

Come and join us on Friday afternoons at 1 pm in the Clubhouse, or call Barbara Waugh for more information at 424-263-5223.

**NEW HORIZONS SOUTH BAY ASSOCIATION
2014 ELECTION TIMELINE**

- October 16, 2013 - Nominations period opened**
- January 15, 2014 - Nominations period closed**
- January 30, 2014 - Candidates' Coffee 10:00 am in the Lounge**
- March 3, 2014 - Meet the Candidates Night 7:30 pm in the Town Hall**
- March 6, 2014 - Record date for voter eligibility and cut-off date for Inspector of Election to receive ballots**
- March 11, 2014 - On site voting, 12:00 to 7:00 pm and Annual Homeowners Meeting, 7:30 pm**
- March 13, 2014 - Transition Meeting, 10:00 am in the Lounge**

And this just in:

The Commissioner thanked all nine (9) candidates for placing their names in nomination for the upcoming election and introduced the candidates.

They are: Pat Artman, Ed Bernardo, Linda Crickmore, Julie Dojiri, Joyce Harrington, Barbara Helm, Joan Jones, Gary Smith and Rick St. Amant.

Irma Maggio – Election Commissioner

We will feature their pictures and brief bios in the coming issues.

Year-end report from the Publicity and Newsletter Committee

On March 13 2012, I was elected to the Board of Directors. I requested, and was granted the position of the editor of this Newsletter. Given the conflicts in our community, the position was not without controversy. The job of setting the tone and contents of this publication was difficult.

The Newsletter team also had to find new volunteer help to publish, from typesetting to delivery. **A BIG THANK YOU TO ALL OF YOU VOLUNTEERS** who give your time and effort to continue our 50 year old tradition. (The first issue was Feb. 1964!!)

For the first time in its history, this Newsletter is now available on the web, and e-mailed to our readers, as well as a delivered paper copy. It turned out that many readers even with internet access, wanted the paper copy as well. This drove our printing budget \$ 4,000 over our estimates. We researched the economics of in-house printing and found it to be a big overall saving, however, it has not yet been implemented.

To our readers: **THIS IS YOUR PAPER. Keep sending us your announcements, articles, comments, pictures. We need them.** We received many positive comments about our work: thank you. We solicit your input on how to improve as well.

Thank you,

Jacob Aslay, Publicity and Newsletter Chair.

* * * * *

The AARP Foundation Tax-Aide South Bay service provides free tax return preparation and e-filing, by volunteers certified by the IRS and California FTB. We use computers and professional tax preparation software supplied to us by the IRS and the AARP Foundation.

We will do Federal and California tax returns, and use e-filing only --- no paper returns. You do not need to be an AARP member.

We handle almost all standard tax forms except Schedule E, for rental properties and K-1 Limited Partnerships.

Taxpayers need to bring with them a copy of last year's tax returns, and all tax documents they have received such as W-2's, Social Security benefit statement, 1099 interest, dividend, and pension/IRA statements.

Our site is handicap accessible. The location and days/hours are shown below.

Police Community Center, 1215 El Prado Ave in Torrance, open from 9 am to 2:30 pm Monday through Friday. All customers are served on a first-come first-served basis.

February is fast approaching. That is when we are taking in a theater outing at the Candlelight Pavilion Dinner Theater to see "My Fair Lady." Unlike the no-go trips in January, this one is a go. I'm excited about this trip. The theater is great. The shows we have seen there have been superb. The theater prides itself in blending elegance of décor and dining with the excitement of professional musical productions. "My Fair Lady" is made to order. I feel this is the kind of show we all can appreciate. Now that we know the trip is viable, we need to get the money in. The trip is scheduled for Saturday, February 22 and the cost is \$92.00. This price isn't bad considering we get a delicious lunch, a great show and round trip transportation on a first class motor coach. Please be sure to make the checks out to "Club New Horizons," which is our club's official name. The signup sheet is on the board.

In March the members present at our January meeting agreed that we take one last trip to the Palm Springs Follies which is scheduled to close in May. The trip date is Friday, March 28. The cost is \$95.00 with 38 or more folks and lunch will be on our own. The headliner at that time will be Darlene Love. This trip will be discussed further at our February meeting.

In April, we are pencilling in a trip called "Have Trunk, Will Travel." This will be a fascinating day in Ventura County! We will be visiting the Exotic Animal Training facility at Moorpark College. Called "America's Teaching Zoo," the animals include everything from marmosets to an African lion, leopard geckos to alligators, and camels to emus. The zoo is also home to a spotted hyena, a bald eagle, a mountain lion, red foxes, a wide variety of primates, birds, and many other exotic and endangered animals. Our visit to the teaching zoo begins with a live animal show, followed by a guided tour of the facility. We then have lunch at the Elephant Bar in Simi Valley. Our final stop of the day will be a guided tour of the Gardens of the World in Thousand Oaks. This garden commemorates the various cultures of the world. Included are Italian, French, Japanese and English gardens. This trip is offered on Tuesdays and Thursdays and costs \$69.00 with 38 or more. This trip will also be discussed at our February meeting and we'll pick a date at that time.

Our club treasurer, Jack Dorman reminds us that a new year means it is dues time. Dues remain at \$2.00 per person for the entire year. What a deal! Let's all support our trips for 2014.



MEN'S GOLF RESULT,

Wed. 1-15-14

Tom Kasterko.

Great warm day for golf. 19 players had 52 total birds today.

Remember Valentine's Day tournament February 15.

Sign up early.

Winners

A Flight Low Gross Low Net

C. Conant 49

R. Tominaga 45

B Flight

J. White 50

J. Callahan 46

Hole in one: none

* * * * *

LADIES GOLF RESULT, Thu. 1-16, 2014

Ricki and Norma

The ladies want to thank those who are responsible for our beautiful greens!!! Much appreciated!!!

WINNERS

A FLIGHT LOW GROSS LOW NET

Renee Chang 58

Barbara Helm 46

B FLIGHT

Ricki Decker 61

Kathy Lindbergh 51

Save the date!

"Have a Heart" Golf Tourney on Feb. 15 @ 9 am.
Proceeds go to the Richstone Family Foundation.

Open to all.

More details next week



Prudential CA Realty
270 New Horizons Sales since 1/1/94
Richard St. Amant 310 989-7700 BRE# 01123655
LiveatNewHorizons.com

New Listing

22705 Nadine Circle—Bungalow –2 Bedroom+ Den, 1,117sq ft.
 Updated with vinyl windows and doors, great location near
 the main club house. \$425,000

Sales Pending

23010 A Nadine Circle - Lower 2Bd +2Ba, 1117 sq. ft. Up-
 graded Condo with smooth ceilings and recessed lighting,
 new tile and carpet floors, updated kitchen, vinyl windows
 & doors \$387,000

For Rent

22823 B Nadine Circle, 2 bd, 2Ba., 1117 sq ft. Updated ap-
 pliances. Sunny E/W exposure. Large Master Bedroom.
 Lease for \$1800

22959 B Nadine Circle. 2 Bd, 1.5 Ba 950 sq ft. Updated
 kitchen, vinyl windows & doors, smooth ceilings with crown
 molding, views of PV hills. Lease for \$1700

22713 B Maple- 1 Bd + Den, 1.5 Ba. Located next to the Club
 house. Updated appliances, neutral carpeting Lease for \$1700

Condo's Wanted-

2+Den Bungalow – DESPERATE-All Cash

Lower 2 bd + den.

Lower 1 + Den, 1,117 sq ft. w/large master bdrm

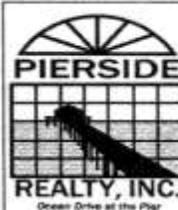


Nick Blaney
 New Horizon's Resident Realtor
 TEL: 310- 386 5415
 nickblaney@yahoo.com

Open House 2013 401 1327294

Recently sold
 22829 Nadine Cir B

Closed Sales
 22735 Nadine Cir B 22483 Nadine Cir A
 22711 Maple B 23053 Nadine Cir A
 22911 Maple B



CLOSED SALES 2013
 22711 B Maple Ave., 22827 B Nadine Cir.
 23048 B Nadine Cir. 23037 Nadine Cir.
 22919 B Maple Ave., 22953 A Maple Ave.
 22735 B Nadine Cir. 22911 B Maple
 22829 B Nadine Cir
ALL OWNER OCCUPIED!

Call Gerry Johnson 310-387-4474
DRE #00524342 N.H. Resident Owner

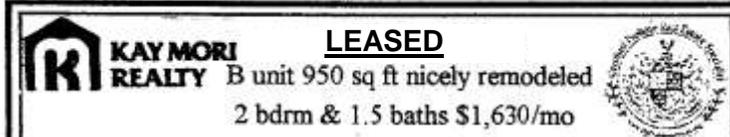


LINDA FALZONE
REALTOR®
SRES®
 DRE Lic. 01409533

Amber Realty

Direct: (310) 748-9901
 Email: Linda.Falzone@C21.com

Interested in buying or selling? Call me today!
 New Horizons Resident Owner



KAY MORI REALTY **LEASED**
 B unit 950 sq ft nicely remodeled
 2 bdrm & 1.5 baths \$1,630/mo

MOST WANTED: Bungalow~For Rent or For Sale
 Kay Mori, Certified Probate Real Estate Specialist 310-218-3855



Looking ! Searching ! Looking !

For largest bungalow
 Away from main Streets
 Fully funded highly motivated buyer
 Call Nick Blaney for confidential details

CALL Nick 310-386-5415

Dis #01377354 Open House Realty

BE WORRY FREE
*Have a Positive Experience. Personal Service in
 Buying, Selling or Leasing. Call Now!!*
Alice Michelson (310) 530-8615
Porterfield Realty (424) 247-8750

TAX PREPARATION DISCOUNT!!
** * 15% off for all new clients! * **
Celebrating 32 years of service!
 Located 1/2 mile from New Horizons
Weitzel & Associates, 310-618-0247
 3304 Sepulveda Blvd., Suite 2, Torrance

A garage for rent (QQ)
\$ 60.00/mo. Call (310) 2579041

Resident broker has pre-qualified buyer
 for a bungalow - will pay a finders fee.
Jim Hamilton, 310 326 9043

For rent: 23009 Nadine Circle unit B
2 Bed/2 Bath & Den (Upper unit)
Clean, ready for rental. \$ 1650/mo.
Call Larry Gray (310) 782-2385

**WANTED TO BUY OR RENT
AREA 3 1 GARAGE
Nora Holm 310-328-9025**

WINDOW CLEANING, Jimmy M. 14 yrs. exper.
 \$45.00 upper units int. & ext.
 \$35.00 lower units int. & ext.
 \$2.50 discount on Tuesday.
 Call Jimmy at (310) - 591-4454

CALL GARY THE PLUMBER
 for **ALL** your plumbing needs (310) 320-9384
 24 Hour Emergency Service - Discounts for N. H. residents
GOLDEN STATE PLUMBING & HEATING

**THE BAY KING - Dual-paned vinyl
windows & doors.** Small family owned business.
Quality product for a very reasonable price. For free estimate and referrals, please call Lindy at 310-387-9730.
 Licensed contractor #842612.

BILL BRYSON, APPLIANCE SPECIALIST
 Providing appliance repair service 6 days a week for all domestic brands of kitchen and laundry equipment, garbage disposals and bath room fans. Serving New Horizons since 1978. Call Bill at (310) 567-8957

HANDYMAN - N.H. owner & N.H. resident
 Paint, elec., tiles, screen and safety doors, safety bars. Call Rich Stoffer, (424) 263-2636

BRYAN SAMPSON IMPROVEMENTS
 Home Repair and Remodeling - Painting, Plumbing, Electrical, Flooring, Tiling & Patching. Custom baths and kitchen remodels.
 No job too small. Work guaranteed. Complex referrals.
 Free estimates. Lic.# 755674 Bonded & Insured
 Call 310 -326-5066 or 310-408-7021 (cell)

FEET HURT? Home calls are available.
 Our gentle type of care can help. We accept Medicare and have cash discounts All South Bay Footcare
 23365 Hawthorne Blvd Suite 101 Torrance, CA 90505
 Call 310 326-0202

Need a Notary Public ??
 Call Elaine Trovato at (310) 339-4568
 \$ 10 per signature
 New Horizons resident

RANDY'S PLUMBING
"We Know New Horizons"
 Serving Your Community Over 10 Years
 • Complete Repair Service
 * Sewer & Drain Cleaning Service
 * Kitchen Drain Separation Experts
 * Water Heater Repair & installation
 * Garbage Disposal Installation
 * Bath & Kitchen Faucet Installation
 * Bath Sink & Counter top Installation
 * New Kitchen Sink Installation
\$\$\$ 10% DISCOUNT TO YOUR COMMUNITY \$\$\$
 Call 310/320-7500
 Emergency 320-0718 Evenings & Weekends

HOME HEALTH DEPOT
Medical Equipment and Supplies
We rent hospital beds, wheelchairs and scooters

- Scooters
- Walkers
- Oxygen
- Power wheelchairs
- Commodes
- Lift chairs
- Bath safety
- Foot pain?

(310) 891-1954
 2059 Pacific Cst. Hwy., Lomita, CA 90717

Prudential California Realty
Mila Karabuva – Realtor
YOUR HOME SOLD GUARANTEED
OR I WILL BUY IT CASH
 DRE License - #01778711
 Looking for 2 bdrms 2 bath, with den
 Professionalism, experience, results.
 Buying, Selling, Lease and Property Management
 Direct (310) 200-2243



Specializing in Senior Housing
 We have buyers seeking bungalows and ground floor units.
Call Roger or Brad Hart today for more information or a free market analysis!

310-781-2000 * 310-930-6104

BRE 00625505 & 01722842

2420 W. Carson St. #120 Torrance, CA 90501

**COMPANIONS, PRIVATE DUTY,
IN HOME CAREGIVING SERVICES**
 *Affordable rates! * Short/Long term care *Morning, Mid-day,
 Evening shift * Live in care *BONDED, LICENSED & SECURED*



Call us now at:
(888)360.2676 (310)784.1838
 25202 Crenshaw Blvd. S218, Torrance, 90505



Carpet & Upholstery Cleaning
www.BriteCarpetCleaners.com

- Area Rug Cleaning
- Water Damage Restoration
- Tile & Grout Cleaning
- Stone & Marble Restoration
- Wood Floor Cleaning

Phone: (310) 675-8600
 Toll Free (877) 502-7483
info@britecarpetcleaners.com

**HOUSECLEANING OR CAREGIVER
 VERY AFFORDABLE RATES**
 Reliable European lady, for housecleaning or caregiver,
 meal preparation, Dr. appt., etc. (Have Elder Care cer-
 tificate.) References upon request. Lives in New Hori-
 zons neighborhood. Call 310-539-0239 ANNE

Serving the South Bay



**ADMIRAL
 HOME HEALTH, INC.**
www.admiralhomehealth.net
 P: 562.421.0777 • F: 562.421.0770

Licensed Nurses • Medication Management • Home Health Aides
 Social Workers • Physical Therapists • Post-Operative & Wound Care



Admiral Hospice Care, Inc.
www.admiralhospicecare.com
 P: 562.429.1500 • F: 562.429.1599



Alpha Hospice Care
www.alphahospicecare.com
 P: 310.771.0838 • F: 310.771.0836

Hospice is care designed for comfort, pain and symptom management
 for those who are terminally ill. Care is provided by Physicians, Nurses,
 Social Workers, Counselors, Chaplains and Volunteers

* Services are covered by Medicare, Medi-Cal & select private health plans




Joy Timbol
 Marketing Director & Patient Coordinator
 Cell 310-592-5633
 Office 310-667-6562
 TeleFax 310-325-4569

www.goldendaysinc.com Email: goldendaysinc@gmail.com
 23505 Crenshaw Blvd., Sierra Gateway Bldg., Ste. 244, Torrance, CA 90505

ESTATE SALE - Saturday, January 25
One day only, 9 am - 2 pm. At:
22644-A Nadine Circle, Building 115
Everything to go that day or the next.

Assemblymember Al Muratsuchi and the City of Torrance,

in conjunction with the **Contractors State License Board**, invite you to attend a

SENIOR SCAM STOPPER seminar

Experts will provide fraud information associated with home and auto repair, telecommuni-
 cations, identity theft, Medicare and more. Seniors, their families and caregivers are wel-
 come to attend this **FREE** seminar.

Panel of experts invited: Department of Consumer Affairs, Department of Insurance, Department of Real
 Estate, Local Law Enforcement Agencies

Friday, January 31 3-5 p.m. at the Katy Geissert Civic Center Library

3301 Torrance Blvd. Torrance

Come learn how to protect yourself from fraud and discuss related legislation

Seating is limited, so please RSVP by going to www.asmdc.org/hv or by calling the District Office at (310) 316-2164

Dear Readers,

We have many mobility impaired persons here at New Horizons. Mobility is an important issue for our mental well-being as well. Here are two views on how to avoid being shut-in; one on prevention, the other on getting around without driving, taxis, or impossibly long walks.

Fall Prevention Tools

Many seniors who fall end up with broken bones. The cause of the broken bone is often osteoporosis – an age-related condition where bones lose their density or thickness, as well as their strength. The most common osteoporosis-related bone fractures are the spine, hip and wrist.

Although osteoporosis has no known cures, decreasing the risk of falling will lessen the risk of fractures. With this in mind, the National Center for Injury Prevention and Control suggests that seniors:

- Begin a regular exercise program. Many who fear falling assume they should minimize movement. Ironically, this often leads to muscle weakness and resulting falls. According to the U.S. Surgeon General, physical activity is the only way to simultaneously improve muscle mass, muscle strength, balance and bone strength. Activities such as housework, walking, and gardening can improve muscle strength. However, a regular, structured program that includes weight-bearing and strength-building exercises can provide even greater improvement in muscle mass, strength, balance and bone density.

- Have your health care provider review your medicines: Certain medications – both prescription and over-the-counter – may cause symptoms like dizziness, joint pain, numbness or shortness-of-breath that may impact one's ability to stay physically balanced. To work out a proper fall-prevention plan, the treating physician should know all medications that the patient takes.

- Have your vision checked: The danger of falling increases when one's ability to see is diminished.

- Make your home safer: Since most falls occur at home, make sure it remains a safe place. Remove boxes, newspapers, electrical cords and phone cords from pathways; secure loose rugs with double-faced tape; use nonslip mats in bathtubs and showers; and keep homes brightly lit. As people age, their ability to see in the dark may weaken so small night-lights can help. Have grab rails in bathrooms, and even in hallways if necessary for you.

Cont'd next column

You can obtain a copy of the Centers for Disease Control and Prevention's "*Check for Safety: A Home Fall Prevention Checklist for Older Adults*," <http://www.cdc.gov>

Curb-to-Curb Transportation

Anyone who cannot drive and has a disability that makes reliance on public transportation difficult may be eligible for assistance from **Access Paratransit**.

To apply, you must call 800-827-0829 (and then Press 1). You will be asked a few basic questions including, "What places do you usually travel and how often?" If your answers show that you might be eligible, you will be mailed an application form. After completing it, you may call to schedule a meeting with an Access Transit Evaluator who will determine your eligibility to receive an Access Paratransit pass.

At the meeting, the evaluator will ask if you can:

Get and remember bus information.

Locate and recognize the appropriate bus or train.

Pay the necessary fare.

Get to a seat or other secure area.

Handle unexpected situations.

If your application is approved, you'll be able to use Access Paratransit's curb-to-curb shared-ride service. One van will pick up several riders at a time, and will transport each to their requested destinations. And, if you need a friend or family member to help you move to-and-from the curb, Access will also provide your personal care attendant with its discounted transportation rate.

Always be sure to have the exact cash or purchased coupons when entering the Access van. If the distance you'll be traveling is less than 20 miles, the cost of one-way transportation will be \$2.25. If the distance is farther, the cost will be \$3. Although most Access Paratransit services are limited to Los Angeles, just like other local bus lines, it may transport you to parts of San Bernardino, Orange and Ventura Counties.

To get a copy of the Access Paratransit Rider's Guide, go online to asila.org/home or call an Access customer service representative at 800-827-0829 (and then Press 1).

To conclude this installment,

"Aging is not for the faint of heart" - but then so are love, marriage, having children, and other life-changing decisions. Let us live life to the fullest.

Plaza • Del • Amo • Animal • Hospital



**25% OFF
on Medical
SERVICES**

Visit Us at Our New Location:
3430 Fujita Street, Torrance
 (1 blk No. of Torrance Memorial, off Early St.)

Call for Appointment & Information **(310) 530-5511**
Hospital Office Hours:
 7 am - 7 pm Mon - Fri, 8 am - 4 pm Sat

Halverson Stone & Myers Mortuary FD-965
 1223 Cravens Avenue • Torrance, CA 90501
(310) 328-1223
 www.HALVERSONSTONEMYERS.COM 
 Funeral Plans • Cremation • Pre-planning

WE ARE COMFORT KEEPERS®

**In-Home Care That Is
Beyond Compare**  **Comfort
Keepers,**

At Comfort Keepers®, we provide in-home care that helps seniors live happy, independent lives in the comfort of their own homes. Our *Comfort Keepers*® help keep minds, bodies and lives active, happy and healthy. All *Comfort Keepers* are carefully screened, bonded, and insured for your peace-of-mind.

310-325-6500
 25124 Narbonne Ave., Suite 102
 Lomita, CA 90717

- Companionship
- Meal Preparation
- Incidental Transportation
- Light Housekeeping
- Personal Care
- Toileting, Incontinence Care
- Bathing, Grooming
- Mobility Assistance



© 2011 CK Franchising, Inc.

www.COMFORTKEEPERS.COM

 **LPL Financial** Retirement Specialist
 Member FINRA/SIPC **Curtis Allen, MBA, CPA**
 CA Insurance #0136990



Direct: 310-773-5946
 Email: curtis.allen@lpl.com

Please call for a free consultation

Curtis Allen is a Registered Representative with, and securities are offered through, LPL Financial. Member FINRA/SIPC.

Home Equity Line of Credit for 62 +
Peace of Mind - Money is there when you need it!
 Use for unexpected bills - FHA Insured - FHA HECM
Brad 310-920-7610 AMB Mortgage NMLS# 582941



DATED MATERIAL



Current Resident or

PRESORTED STANDARD
 US POSTAGE
 PAID
 TORRANCE, CA
 PERMIT #307

NEW HORIZONS 
 South Bay Association
 22727 Maple Avenue
 Torrance, CA 90505