



NEW HORIZONS

WEEKLY NEWSLETTER

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

WEBSITE: WWW.NEWHORIZONSSOUTHBAY.ORG

June 21, 2013

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HELP WANTED.

We need a volunteer for the following positions

1. Web administrator. The task is about 1 hour a week. Basic computer and word knowledge is required. We will train.
2. Proof reading. Proof read the newsletter before publishing. The task is about 1 hour a week.
3. Labeling. We need somebody to do the labeling for the next two months (July and August). It is 9 AM to 9:30 AM on Wednesdays.

Thanks!

Newsletter Editor

Welcome to New Horizons !!

Bldg.#

Pang Ho Kang

523

Lynn Scolman

214

THE FOURTH OF JULY PICNIC IS ALMOST HERE!!!

4th of July Picnic is almost here and I hope to see a lot of you coming to enjoy yourselves at the picnic. We always have such a good time and please bring your family and friends along to make it more fun.

There is a signup sheet for volunteers in the Club House hallway. Please sign if you are able to help. It would be very much appreciated.

Next to the volunteer sheet is a signup sheet for seat assignments, *please sign up*. You will not be able to claim a table the day of the picnic. If there are no shows for the tables by 12:00PM they will lose their spots.

We will have a blast!!!

Jeannie Rennhack

Chairman, Recreation Council

UPDATE ON RECYCLING

New Horizons is still in the trial period. Currently, we have Recycle Bins at Access 1, 7 and 9. Please refer to the Recycling Instructions below. The Conservation Club continues its First Friday of the Month Recycle Program which includes newspapers and appropriate CRV containers.

Joyce Harrington and Paul Cohen

Recycling Instructions




CONSOLIDATED DISPOSAL SERVICE

Place these items in your recycling cart

Recycling YES

 Newspapers	 Files & file folders	 Bagged plastic bags, shrink & stretch wrap
 Paper or frozen food boxes	 Plastic bottles (all colors)	 Round dairy tubs
 Soy milk boxes	 Mail, magazines, mixed paper & catalogs	 Juice boxes
 Paper bags	 Phone books	 Shredded paper (in see-through bag)
 Tin & aluminum cans	 Aluminum foil & trays	 Glass bottles & jars
 Ferrous Metals Max. size 16" x 16" x 12"	 Cardboard	

Do not put these items in your recycling cart

Recycling NO

 Loose plastic bags	 Frozen food bags	 Plastic food bags & zip-locking bags
 Plastic cups & utensils	 Plastic food trays	 Lids, caps & tops
 Plastic food boxes	 Foam take-out containers	 Styrofoam packing peanuts
 Paper plates, cups & napkins (can go in Yard Waste Cart)	 Clothing, textiles & shoes	 Prescription vials
 Alkaline batteries	 Toxic product containers	 Plant pots
 Light bulbs	 Aerosol cans	 Glassware
	 Chip/snack bags	 Ceramics

Recyclables should be empty, clean and unbagged (except for plastic bags).
NO FOOD OR SOILED MATERIALS

**Grounds Maintenance Committee
Minutes of meeting June 03, 2013**

The meeting was called to order at 11:00 am June 3rd by our Chair Joyce Harrington with the following persons were present: Gene Aurand, Jane Childs, Mary Carruthers, Bill Collins, Tom Kasterko and Bill Parker.

The minutes of the May 6th meeting were sent out to all members via email. There was a motion to approve the minutes as written, motion seconded and carried.

Chair's Report:

There is one big tree in Area 6 that will be removed. There are still five more trees to be removed, but need resident's names. Virginia Lontry (Real Estate Manager) will get them for us. Joyce read about a pesticide that is harmful to bees and we at New Horizons do not use it anywhere. Vacuums for sidewalks take much longer than blowers. They were tried years ago but didn't work well and the vacuums also suck up dirt or top soil that should go back on the ground to save the top soil for a healthy ground.

Bill Parker's Water Report:

Did not get all the bills, so does not have the current report. Bill will go over to the DWP and get this straightened out. Will have them check the water meters too.

Bill Collin's Report:

Area 1 has a lot of "brown spots". Gene and Bill walked the Area and found the sprinkler heads were wrong. Need 8,000 new sprinkler heads! This is on budget for next year-will look for rebates. Possible out of pocket--\$1,000.00 for all sprinkler heads.

Beautification Report:

Mary Carruthers is handling the money from the Flower Fund. Phyllis Mathis is working with Tony doing the planting.

Paul Cohen's Recycling: Absent

Golf Report and Water Base Controllers: Gene Aurand

There was quite a discussion about the water situation. The water bill in Area 3 is not correct. Gene will work with Bill Parker to get this worked out. Moving right along with water controllers. Greens to be sprayed with grub killer.

Open Forum:

It was reported that some paint buckets had been washed out under a tree. Will be cleaned up and taken care of.

The meeting was adjourned at 12:05pm.

The next meeting will be July 1st at 11:00am in the lounge.

Respectfully submitted,
Jane Childs, Secretary

TRAVEL CLUB UPDATE. 6/21/13 by: Ed Reilly

There are three signup sheets on the board. There is our June 27 Mystery trip. I can't say much about this trip for obvious reasons. It just wouldn't be a mystery anymore, would it? Our departure time is 8:45 AM and we should be home no later than 4:30 PM. Please plan on being at the clubhouse NLT 8:30 so we can get you checked in, loaded and be on our way on time.

On July 18, we have a trip scheduled that will take us to the Pechanga Resort and Casino for some gaming fun combined with an interesting wine tasting at Temecula's Wilson Creek Winery. What better combination than a little luck and some great wine to wash it down with? Sound like fun? We believe so. If you have never been there, you might like to know that Pechanga is California's largest Casino and the beautiful, family-owned Wilson Winery features a wide selection of delicious estate wines for your pleasure. Again, this trip is scheduled for Thursday, July 18 and the cost is \$71.00. We will be leaving from the clubhouse at 8:30 AM and returning at 6:30 PM. Won't you join us?

On Saturday, August 10 we will be attending the California Philharmonic concert which will take place at Santa Anita Race Track. This concert is called "Festival on the Green." We will have reserved table seating in the infield to enjoy the 7:30 pm performance of the "Rodgers, Hammerstein and Gershwin" concert. We understand from others who have done this trip last year that it is a lot of fun and certainly unique. The experience will be similar to going to the Hollywood Bowl. Just prior to the concert we will enjoy a boxed dinner from Boudin's Catering. (We ask that you select what sandwich offering you desire when you sign up. There are three entrée selections – a Turkey Avocado sandwich, a Fra'Mani artisan Ham and Brie sandwich, or a Roast Beef sandwich.) The cost for this picnic style concert trip, assuming we have at least 38 passengers, is \$94.00. You will find the signup sheets for both the July and August trips posted on the Clubhouse bulletin board.

For Sale

23023 A Maple Ave.: 2 Bedrooms, 1.5 Ba, 950 sq ft. This unit has upgraded kitchen with new counter tops and appliances. Freshly painted and new carpeting \$320,000.

Sale Pending

22932 A Nadine Circle: 2 Bedrooms, 2 Ba., 1117 sq. ft. Lower unit. Located in the inner circle. Priced at \$365,000.

Closed Sales Since Jan 1

23005 B, 22631 Maple, 22724 A, 22823B, 22926, 22618
22843, 22679A, 23063A, 22943A Nadine Circle

Market Analysis – Sales 1/1/12 to 5/13/12

950 sq ft – 3 sales average \$297000 (\$220000 - \$305000)
1117 sq ft – 10 sales average \$304000 (\$275000 - \$340000)

Sales from 1/1/13 to 5/31/13

950 sq ft – 7 sales average \$307000 (\$275000 - \$330000)
1117 sq ft -10 sales average \$319000 (\$288000 – \$365000)

For Rent

22909 Nadine Circle, #B: Upper unit with remodeled kitchen, 2bd with 1.5 bath. Sunset views. For Lease at \$1,700 mo.

Condo's Wanted

2+Den Bungalow – DESPERATE-All Cash
Richard St. Amant
DRE#01123646 #00918377 email:r.StAmant@hotmail.com
Web site: liveatNewHorizons.com
Prudential CA Realty
23530 Hawthorne Blve #100
Torrance, Ca 90505
310-989-7700



SALE PENDING
23048 B Nadine Circle
23037 Nadine Circle
CLOSED SALES 2013
22953 A Maple Ave., 22919 B Maple Ave.
22711 B Maple Ave., 22827 B Nadine Cir.

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Nick Blaney
New Horizon's Resident Realtor

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22483 Nadine Cir A
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DRE # 01409533
New Horizons Resident/Owner



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

CLOSED SALES 2013
22953 B Nadine
22677 Nadine
22919 A Maple
23053 A Nadine

SALE PENDING
22815 B Nadine - \$350,000

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Whatever happened to... The Keene Sisters?



"My sister Doris moved into Harbor Terrace because she needed help with her medication and she realized she should not be living alone. She was well looked after, receiving wonderful care, and quite happy here. I liked what I saw and knew Harbor Terrace would be a good fit for me too. So I moved in!

Every day we get to visit together, yet we each have our own apartment with our own furniture. It is truly a delight to get up from a meal and walk away. Both Doris and I knew right away we had made the right decision when we made Harbor Terrace our new home."

*Doris Melnichenko and Ruth Atkins
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Are You Vitamin-D Deficient?

By Dr. James Davis, Geriatrician,
UCLA Geriatric Program

Rickets used to be a fairly common childhood disease due to vitamin-D deficiency and lack of sunlight exposure. It led to bone deformity, including bowed legs that are seen in some older people today.

Fortifying milk and other foods with vitamin D, along with increased public health awareness, greatly reduced the incidence of rickets but vitamin-D deficiency remains a problem — especially in the elderly. Lack of vitamin D affects bone metabolism leading to osteoporosis, muscle weakness and increased risk of fracture. Conversely, proper amounts of vitamin D may decrease the risk of cancer, cardiovascular disease and infection. **Vitamin-D deficiency** is very common in older adults. For the last two years, I have been checking vitamin D levels in my patients and more than half have some degree of insufficiency and many are severely deficient. I am struck by how often patients who appear relatively healthy and seem to eat a balanced diet are affected.

One problem is that older people often don't eat the same foods as when they were younger. Fortified milk, margarine, cereal and eggs, which are great sources of vitamin D for young people, are often missing from my older patients' diets. The best natural dietary sources of vitamin D come from fresh salmon (preferably wild caught) but canned fish, including salmon, tuna, mackerel and sardines, are also rich in vitamin D. Dried shiitake mushrooms are another great source but are usually not staples of most diets.

Exposure to sunlight increases skin synthesis of vitamin D. A sensible amount of sun exposure to the arms and legs would be five to 30 minutes at least three days per week. That's enough to get the benefit while avoiding skin damage from too much exposure.

Because many of my patients' diets are deficient in vitamin D, I recommend a vitamin D supplement often in combination with calcium. For most people, 800 to 1000 units per day from supplements and dietary sources will suffice. For those with severe deficiency, I order a prescription dose of vitamin D for several months along with a supplement to be continued indefinitely.

If you think you may be vitamin-D deficient — many older people are — check with your doctor about getting a blood test or start taking a supplement and spend a little more time outdoors in the sun. Don't forget your sunscreen!

MEN'S GOLF RESULTS, 6-12-13

Gene Aurand

We had 18 players today, a little cold, gray overcast skies. It was kind of a weird day for scoring. No one played well. The greens are a lot better since Gabriel verti-cut them on Monday 6-10. He really did an excellent job. Players are being better at fixing their ball marks on the green. Please keep it up.

WINNERS

A FLIGHT	LOW GROSS	LOW NET
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Craig Conant	51	
Al York		46

B FLIGHT

Jim White	58	
Bernie Birchall		47

Hole in One

None

We have reached the half way point of the year and the golf Committee wants to hear your opinions on how things have been organized and run. Please contact Renee Chang and Steve Spolidoro or other members of the golf committee.

WOMEN'S GOLF RESULTS, 6-13-13

Margaret Rodman & Janet Weber

We are traveling to Sea-Aire next Thursday for our yearly tournament!

WINNERS

A FLIGHT	LOW GROSS	LOW NET
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Renee Chang	59	
Joann Megill		47

B FLIGHT

Jessie Austin	66	
Jacque Abell		51

Hole in One

None

Free Player: Margaret Rodman

Better Health Through Better Understanding

By Dr. Hong-Phuc Tran, Geriatrician,

UCLA Geriatric Program

Have you ever been to a doctor's office, but left without fully understanding your medical conditions and your doctor's recommendations? Ever taken medications without knowing their purpose? Or, perhaps, been hospitalized without knowing your diagnosis, prognosis or after-care instructions?

Good communication between healthcare providers and their patients impacts patient safety and overall quality of care, it calls on healthcare providers to speak in patient-friendly terms and for patients and their loved ones to become better advocates by asking questions. I often see patients in my practice who have little knowledge or understanding of their recent hospitalizations. Sometimes, I am lucky and have the medical records; other times, however, I do not have adequate information. I know that doctor visits are much more satisfying for patients - and their accompanying loved ones - when they have a good understanding of their health. That's why I want my patients to speak up if they do not understand something I say.

Below are some tips to better understand your health and improve communication with your physician or other health provider: (1) Ask questions when you do not understand what he or she is saying. (2) Ask your doctor to write notes for you if you think you might forget his or her recommendations. (3) Keep a list of your medications (including over-the-counter and as-needed medications) and the reasons for taking them. If you have difficulty preparing this list, ask your doctor for help. Remember to bring all of your medications, including the prescription bottles, to help prepare the list. (4) Keep a list of your medical conditions, if possible. (5) Bring lists of your medications and medical conditions with you to each appointment, especially when you see a new doctor or if you go to the emergency room. Put your doctor to the test. Ask questions until you fully understand his or her answers. Better communication can lead to better care and outcomes!



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