

# The Back Page

## Granny Sez

I wonder if you have the problem I have sometimes. I stop to think and forget to start again. Jeepers, it made me wonder what Mother Nature would say about the fast pace of electronic life today versus the "good old slower days" of our youth. Remember when radio was as exciting as home entertainment got...unless you were playing Parcheesi. Golly, even when we got our first TV set, we sat back and waited five minutes for it to warm up (no hurry, no worry and no channel changer). Heck, we even existed with phones that were attached to the wall!

Now I read in Time magazine that your average cell phone is one millionth the size of, and one millionth the price of, and a thousand times more powerful than the computer MIT produced 40 years ago. Well hear this: besides being mobile cameras, computers and who knows what all, the new Smart phone will replace the need for cash or credit.

You will just wave it at a payment terminal to pay a bill. So, you ask, what if it's lost or stolen? It can be found on a map and deactivated in seconds. Holy mackerel, I'm so electronically extinct that I still use my phone for talking only!

Listen, we old geezers need to band together. Our kids haven't got a clue about the joys of the slow lane and may think we're a little "nutty." But we know that a little "nut" can grow into a big mighty oak. Let's refuse to resign from the human race until society addresses some really big issues like "why do they sell cigarettes in front of stores and make us walk to the back to pick up our prescriptions?" If it comes to Smart phones vs. smart seniors, I'm betting on us! Hang in there.

Love, Granny



## Did You Know?

- It takes 3,000 cows to supply the NFL with enough leather for a year's supply of footballs.
- The average life span of a major league baseball: 7 pitches.
- The reason firehouses have circular stairways is from the days of yore when the engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.
- Each king in a deck of playing cards represents a great king from history: Spades, King David; Clubs, Alexander the Great; Hearts, Charlemagne; and Diamonds, Julius Caesar.

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## Welcome New Residents

|                               |      |
|-------------------------------|------|
| Nancy Arndt                   | G127 |
| Dorothy Arthur                | C113 |
| Walter and Marilyn Behn       | H115 |
| Richard and Aline Fox         | H122 |
| Betty Hoover                  | O112 |
| David and Elysabeth Kinneberg | G120 |
| Patricia Metzger              | G216 |
| Lenore Mohrman                | G128 |
| John and Sara Morrison        | G122 |
| Joan Rubinfeld                | C213 |
| James and Natalie Service     | S307 |
| Marcheta Steiskal             | C113 |
| Charles and Kay Stewart       | G325 |
| Ruth Wilke                    | G324 |

Set Sail with us...



"The Glen of the Seas"  
Show Times:

Thursday, March 31, 7:15pm  
Friday, April 1, 7:15pm  
Saturday, April 2, 3:00pm  
Sunday, April 3, 3:00pm

Tickets available at Activities  
Offices starting March 21.

# The Glen Tidings

Volume 9 Issue 3

## A Garden by the Sea

By Betty Cortus

Travelers heading southward along the coast road will be familiar with the Golden Lotus Towers of the Self-Realization Fellowship in Encinitas. Not all will be aware, however, of the Meditation Gardens lying behind this impressive façade. Sweeping back to the edge of the bluffs overlooking the ocean, these gardens create a little world apart where serenity and beauty fill the soul.

Originally designed by the Center's Founder, Paramahansa Yogananda, who brought India's ancient art of meditation to our shores in 1920, these gardens are open freely to the public every day. To wander the pathways sloping up to the sea is to immerse oneself in a green cocoon of dappled light and shade. Sunlight slants through the dense luxuriance of the trees to illuminate the pinks, lavenders, and reds of the cyclamen beds, and the golden clusters of acacia blossoms. Little streamlets and miniature waterfalls ripple down to ponds where koi enchant with their color and grace. Scattered all through this wooded paradise one finds sturdy stone benches to rest upon, and forgetting the mundane cares of life, to meditate in the cool tranquility of the green shade.

Then following the pathway up the bluff brings the sparkling vastness of the ocean into breathtaking view. Sit there a while and relax while absorbing the peacefulness and grandeur of the scene. Once visited, this little Eden of quietude and beauty will call those who treasure the experience back again and again.



## Mardi Gras Colors

By Carole Eibelheuser

The official Mardi Gras colors were selected in 1872. Purple represents justice; green, faith; and gold, power. Betcha didn't know that!

## Mardi Gras

By Marian Goe

In French, Mardi Gras literally means "Fat Tuesday," so named because it falls on the day before Ash Wednesday, and originated as a time of celebration. Ancient Romans celebrated a circus-like festival not entirely unlike the Mardi Gras that we know today. It came to America in 1699 with the French explorer Iberville who headed an expedition up the Mississippi River, just 60 miles south of New Orleans.

During the 1800s, public celebrations centered around maskers on foot, in carriages and on horseback. Because of violent behavior of the participants, the press called for an end to the celebration. However, in 1862, the Grand Duke of Russia visited New Orleans and that called for a parade and a "King of Carnival."

The celebrating continues to this day except for 1918 and 1919 when the U.S. was involved in WWI. With the mass production of automobiles, random truck riders became part of the Mardi Gras scene and it prospered during the 1940s. The Duke and Duchess of Windsor visited New Orleans, enhancing the tradition and sustaining the celebration through good times and bad.

## A Touch of Nature

By Carole Eibelheuser

Almost all of us LCGlenians have done some indoor gardening, tending to the house plants we received as gifts or bought. Although Southern California has weather conducive to year-round outdoor gardening and showing plants and flowers on our patios or balconies, terrariums can be a joy to create and are coming back into vogue. They are decorative, attractive and easy to care for—just plant and forget. Because terrariums recycle their moisture, they need very little attention. A closed terrarium can often go a month or more between watering. You, too, can have a “green thumb” if you tend to neglect plants and have a terrarium.

Any clear container can be made into a terrarium, but must be watertight and large enough to accommodate the plants. Jars, bottles and aquariums are some of the more common containers used. Fully planted terrariums can be purchased, but it's more fun to do it yourself. There is lots of information available on the internet available. Google was the source for this article.

Creating a terrarium is much easier than building a ship in a bottle—even a grandchild can do it with a little help from a grandparent.

A touch of nature can be a bonsai, African Violets, small ferns, orchids, or any other colorful plant to add to your décor.

Ain't Mother Nature grand?



## The First Lady of La Costa Glen

Contributed By Carol and Lou Bone

Our wonderful neighbor, **Wilma Boggs**, was the very first resident to move into La Costa Glen.

In 1998, Wilma Boggs saw an ad in the newspaper for La Costa Glen. She came to the red barn, the only building here, met with Mimi from Marketing and put her deposit down soon after. Wilma moved in on June 17, 2002, the day the Occupancy Permit from Carlsbad was approved. There were no other residents to greet her, but when she arrived, all the staff of LCG was lined up to shake her hand and welcome her.

Wilma had no neighbors for the first few days, so her daughter stayed with her. They didn't realize that there was a public trail beyond the LCG fence. After unpacking boxes, she and her daughter sat out on her patio to relax, each with a glass of wine. They were surprised as walkers on that trail greeted them. Wilma told her daughter, “They can see in. We need to put sheets over the windows.”


It was six months before the dining room opened. When it did,

**David Armour** was the Dining Room Manager.

Wilma moved from a ranch in Poway, where she grew avocados, oranges, pears and exotic Asian fruit for 26 years. Her green thumb is evident by all the healthy plants in and around her villa on Buckthorn Court and her skills are put to good use on LCG's Rose Committee.



Wilma Boggs



### Grim Hymn to a Vegetable Patch

Phyliss McGinley

**The robin feasts and preens on the berry bushes, cockily.**

**While a blight invades the beans and a slug bears down the broccoll.**

**With the aphid on the vines and the beetle come to munch on**

**The cabbages when he dines, the lettuces for his luncheon.**

**For here is the Fact that Folls: (and it's better to learn it, sister)**

**To the pest belong the spoils, To the gardener goes the blister.**

## LCG 2010 Golf Tournament

Contributed By Walter Koch

The 2010 Links at La Costa Glen Third Annual Tournament, which was rained out in December, came back as a gala golfers' game in January with lots of prizes, lots of players, great weather and a victors' luncheon.

The victors were: ladies low gross and low net, **Edna Baldwin**; gentlemen's low gross and low net, **Ernie Bettin**; closest to the pin on #4, **Barry Machado** (no one else could keep the ball on the green); and fewest putts, **Barbara Holbrook**. There were also prizes for most shots out of bounds, and most shots in a sand trap (names withheld)!

The full 2010 season winners were also recognized. **Chris Foley** and **Helen Harter** tied for the ladies crown, and **Ernie Bettin** took the men's crown.

Two people deserve special mention: **Tom Chapman** was the Grand Marshall, as he has been for the Saturday matches for a long time, and **Sandi Fenter**, of the activities staff, organized and administered the affair.

Join us on the third Saturday of each month.



Above (L-R): **Edna and Cary Baldwin**. Right: **Ernie Bettin**.



## Going Carless in Carlsbad

By Betty Cortus

Quite recently I made the decision to give up my faithful old Oldsmobile and cease driving for good. Although I have never had an accident, or even so much as a parking ticket in my life, neither have I ever been one of those self-assured individuals who relish getting behind the wheel and spinning merrily along the freeway. While relinquishing the right to drive would be an emotionally charged issue for many, for me it will be a relief from increasing tensions, and the dwindling confidence in my own driving skills I experience as I age. The transition for me will constitute an exchange of freedoms: I may lose the FREEDOM TO be able to go wherever or whenever I choose on a momentary whim, but I will gain FREEDOM FROM the stresses occasioned by dealing with the hazards of the road, and the worries associated with maintaining an aging vehicle.



Above (L-R): **Jim Raymond, Dee Johnston, Don Johnston, Clare Sheldon and Julie George** on a recent group walk with the Exerstriders.

A revolutionary new walking aid, called the Exerstrider, has recently become available for residents to use. The “fitness walking poles” provide comfortable but effective exercise for the entire body while retaining the walking experience. Trail maps and lessons are available from **Kori, Alison, or Patti**.

We LCG residents are fortunate indeed in having the needs of our non-drivers so courteously and competently met. Getting to and from our medical appointments is a breeze thanks to the thoughtfulness and caring of **Karen Taylor** and the fine team of drivers she coordinates. Trips to a variety of local supermarkets, malls, and specialty shops are frequent and regularly scheduled. Then, like icing on the transportation cake, we have available those great Skipper Trips and Excursions to exciting places and events that our wonderful Activities trio **Michele, Jen, and Sandie** organize for our pleasure.

So, with peace of mind, and comfortable in the knowledge that I have LCG's invaluable support, I'm now ready to bid my good old jalopy a fond and final farewell!!



## Easter

By Marian Goe



Have you ever wondered why the date for Easter changes every year and why Eastern churches celebrate on a different day than Western churches?

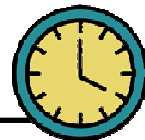
Western Christianity has always celebrated on the Sunday immediately following the Paschal Full Moon.

The Paschal Full Moon is determined from historical tables and has no relation to lunar events. As astronomers were able to approximate dates of all the full moons, the Western Christian Church used these calculations to establish the Holy Days on the Ecclesiastical calendar and the date can range from March 22 through April 25.

The Eastern Orthodox Church has the tradition that Easter must fall always after the Jewish Passover since the death of Christ happened after the celebration of Passover.

## Arts and Entertainment in the PM

By Betty Cortus



At four o'clock on Monday afternoon a series of DVD lectures in the Brentwood Theater draws residents who revel in the twin pleasures of beauty and learning. The films range widely in subject matter, acquainting the audience with music from Mozart to Minstrel Shows, history from ancient times to the present day, and the visual arts throughout the ages.

**Gloria Wolf**, the original

## Year-Round Beauty

By George L. England Sr.

If you have not visited the San Diego Botanic Garden (formerly Quail Botanic Gardens), which is just a short drive away in Encinitas, it should be on your bucket list. A visit to this botanic garden is a pleasant experience.

One may explore four miles of garden trails on 35 acres and enjoy the restful vistas and the flowering trees. The collection of majestic palms and over 3,300 species and varieties of plants from all over the world thrive here in the Garden due to our mild climate.

My association with the Garden started in the 1980s when it was under county management. In 1993, a group of dedicated members of the Foundation signed a long-term lease from the county and privatized the garden as an independent, non-profit organization.

founder and organizer of the Activities Committee, envisioned these lectures as a good way to entertain and educate our residents back in 2003. As a canny shopper she watched for sales, and was able to purchase a number of these series inexpensively.

In time the viewing locale moved from Catalina Hall to the newly built Brentwood with its bigger screen and superior acoustics. The late **Joyce Hinshaw**, one of the show's early devotees, not only volunteered to oversee the screening, but also to enrich LCG's pool of educational DVDs by donating others from her own collection.



In 1995, the Foundation hired Julian Duval from the Indianapolis Zoo and Garden as director. In 2009, the Garden completed the Hamilton Children's Garden, a garden for the children to learn about our precious earth and its environment. This Children's Garden is the largest in the West.

The Garden does have a small staff for maintenance; however, there are many volunteers and docents that keep the Garden beautiful. The Garden has an on-site botanical library available for information and study. During the course of the year many activities and special events make this destination a must in your travels.

**FYI, a Skipper Trip to the Garden is coming on March 24.**

**Helen Cancellier** who began by aiding Joyce eventually took her place. Right up to the present day she continues to manage this whole activity, selecting series wisely suited to filmgoers' tastes, and displaying them on the screen for enjoyment. Helen runs two series concurrently, each from a contrasting cultural field, and alternating them week by week. Lovers of the fine things of life can thank Helen, and the hard-working volunteers who pioneered the way, for providing our residents with this delightful way to beguile away an hour on Monday afternoons.



## Celebrate Mardi Gras

Campus Parade and Party

Tuesday, March 8,

3:30 Campus Parade

4:00-6:00 Party in Avalon and Monterey with live bands/dancing

Featuring Madame Leroux and Krewe (Lakeside) and Billy Lee and the Swamp Critters (Fairway)

Come in costume, if you wish.

Join the fun and let the good times roll!

## New Orleans Mardi Gras Parades 2011

By Carole Eibelheuser

This year the parades started on February 19<sup>th</sup> in the French Quarter. The daily start times are anywhere from 8:00am to 7:00pm. Believe it or not, there are 55 parades in total in and about the city. Some of the fascinating names of the Krewes (groups) are: Excalibur, Choctaw, Sparta, Caesar, Dionysus, Ancient Druids, Chaos, Centurions, Thoth, Zulu, and Rex.

The grand finale of parades occurs, of course, on Fat Tuesday, March 8. There are nine parades that day with thousands of revelers cheering and catching the throws.

Surely, the cleanup for the entire Mardi Gras must take weeks. But we're here enjoying our own celebration.

## The King Cake

Mardi Gras Tradition

By Carole Eibelheuser

The coming of the wise men to the Christ Child is celebrated twelve days after Christmas. Mardi Gras, too, is a festive day as people all over the world gather to celebrate. A popular custom was and is the baking of a special cake in honor of the three kings called "A King Cake."

Inside every cake is a tiny baby of plastic, porcelain or even gold. The person who receives the slice of cake with the baby is asked to continue the festivities by hosting the next King Cake party.

Especially in Louisiana, Mardi Gras season and King Cakes go hand in hand with literally hundreds of thousands of them consumed at parties and office lunch rooms every year.

You can order a King Cake through the internet, of course.

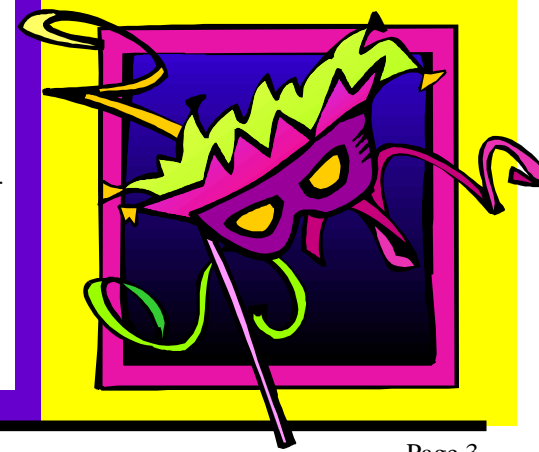
## Mardi Gras Throws

By Carole Eibelheuser

A friend of mine has been to New Orleans Mardi Gras many times and always brings home bags of throws, including: long pearl beads, cups (New Orleans dinnerware), stuffed animals and doubloons.

Throwing trinkets was started in the early 1870s by the Twelfth Night Revelers. In 1884, Rex started using medallions instead of trinkets. Today they are called doubloons, depicting the parade theme on one side and the Krewe's emblem on the other. In the Bacchus parade, the King's float throws doubloons with the image of the Celebrity King on one side. It is a collector's item. My internet research source says: "Be warned! If you're at your first parade and reach down to pick up a doubloon with your hand, your fingers may never be the same! Many stomp on doubloons in their rush to claim them." La Costa Glenians would never do that!

This is only one of many Mardi Gras traditions.



Helen and Maury  
Goosenberg  
By Eleanor Seidenglanz



**Helen and Maury Goosenberg** celebrated their 75<sup>th</sup> wedding anniversary recently with family and friends. They are Hillside residents who moved to LCG ten months ago from La Costa. Helen and Maury are former Philadelphians who moved to California 35 years ago.

Maury is a graduate of the University of Pennsylvania. He became a consultant on estate planning, pension plans, investments and insurance. Helen worked with him. They met at a Halloween party hosted by his high school fraternity. Helen claims she fell in love immediately. When they planned to be married, their families did not approve, so they eloped in September 1935. However, they were remarried on New Year's Eve of 1935. They had a son, a doctor, who died at an early age. They have been gifted with three grandchildren who married wonderful spouses and produced eight lovely great grandchildren. We welcome them to our community and wish them every happiness.

Another Big Show is Coming

By Marian Goe

Somewhere between 60 and 80 thespians at LCG are busy these days rehearsing for the upcoming production of the annual big show, "The Glen of the Seas." The author and Director is **Fran Swenson** along with her First Mate, **Radona May**. Watch for posters and flyers for the announcement about your ticket called a "Boarding Pass" in mid-March at the Activities Desks.

The Glen of the Seas will sail from the Catalina Gangplank on these dates: Thursday, March 31 at 7:15pm (the boarding will begin at 6:45pm), Friday, April 1, at 7:15pm (boarding at 6:45pm), and Saturday and Sunday, April 2 and 3, matinees at 3:00pm (boarding at 2:30pm). Mark your calendars now. Join us on the journey for this musical comedy. Bring a friend along. Don't miss the fun and laughter of this adventure created for your pleasure from your fellow residents. BON VOYAGE!!!!



Show Director  
Captain Fran Swenson



John Morris and Laverne Briggs as the Cruise Social Directors.

Get Caught Up...

in the fun of the 2011 Resident Show,  
"The Glen of the Seas"



March Day Trips 2011

Thursday, March 3  
Valley View Casino  
Skipper Trip\*  
10:00am—4:00pm

A day of gaming. Lunch on your own.

Thursday, March 3  
"The Drawer Boy" at  
North Coast Rep  
7:15pm—11:00pm

A humorous look at friendship as told through two WWII vets.

Thursday, March 10  
Queen Califia's Sculpture  
Garden Skipper Trip\*  
10:00am—12:30pm

A close up look at the whimsical sculpture garden by artist Niki de St. Phalle.

Thursday, March 10  
"She Loves Me" at Mira Costa  
College  
6:45pm—10:15pm

The romantic comedy play that inspired the movie "The Shop Around the Corner."

Saturday, March 12  
"Little Miss Sunshine" at La  
Jolla Playhouse  
1:00pm—5:30pm

A funny, dysfunctional family on a road trip—from the movie of the same name.

Wednesday, March 16  
San Diego Zoo tour & lunch  
9:30am-2:30pm

Join us for an exciting bus tour of the world famous zoo and lunch in a private dining room.

Thursday, March 17  
Balboa Park/Fashion Valley  
Skipper Trip\*  
10:00am—4:00pm

A day of shopping or museums.

Thursday, March 24  
San Diego Botanic Gardens  
Skipper Trip\*  
10:00am—12:00pm OR  
1:00pm—3:00pm

Explore the beauty of this local treasure, with trails and gardens.

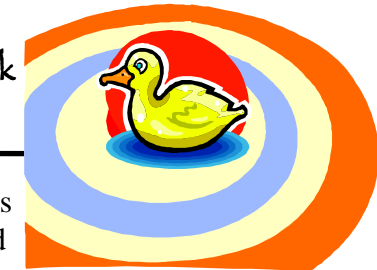
Tuesday, March 29  
Lunch in Little Italy  
9:30am-2:30pm

Experience the story of Little Italy on a walking tour followed by lunch and a cooking demo at Trattoria Fantastica.

\*Skipper trips can take up to 42 passengers.

Don't Be A Sitting Duck

By Bunny Anderson



As you may have heard, I was a sitting duck last November and became a crime victim when my purse was stolen in downtown Carlsbad while shopping. The event in a boutique shop was recorded on a security camera and the perpetrator (a well-dressed, young woman) was identified and an arrest warrant issued by the District Attorney. She was arrested after almost three months; but not before several thousand dollars of replacement cost to me (and probably many others).

The following are some safeguards provided by the County Law Enforcement agencies geared to senior citizens: Four "A's" for self defense... Attitude, Awareness, Assessment and Action.

- Attitude: Project confidence, walk with purpose, and look around and not at the ground.
- Awareness & Assessment: Stay alert when shopping, keep your purse on your person, and be aware of surroundings (i.e. ATM machines & parking places, strangers nearby). Don't carry your Social Security number.

- Action: Consider an alternative to carrying a purse or wallet (slip cash or credit cards into a waist pack or pocket). Always place your keys in a pocket, never in your purse. Never carry a check book. Always have your key in hand before reaching your car. Avoid parking next to a van. Have all your credit cards ATM, etc., photocopied for quick reporting in case of a theft.

From a personal perspective, I would like to tell you the Carlsbad Police have been very helpful and responsive. It will be necessary for me to request a credit report (free service) for two or three years because my SS # and driver's license were stolen and a fraud alert initiated. When a gal bearing no likeness to my photo can cash a check using my driver's license, you can see we've lost touch with all the "A's" listed above.

CALL FOR ARTICLES

In future Glen Tidings I would like to feature articles from residents on specific subjects. As a long-shot, I would be interested in seeing if there are any **humorous** stories about our Income Tax experiences (April) or stories reminiscing on Mothers as we approach Mother's Day (May). Because of our deadlines we need the articles about a month before the date of the Glen Tidings distribution. Thank you.

—Jim Raymond, Editor

## A Prince at the Glen

By George L. England Sr.



New Health Center  
Administrator  
Jay Prince

The Health Center at La Costa Glen welcomes **Jay Prince** as Administrator of the Center. Jay is from Bemidji, Minnesota, and received his Bachelor's Degree

in Hospital and Long-term Care Administration from Concordia College in Moorhead, Minnesota. Jay decided to work in Long-term Care after he completed a 24-hour Skilled Nursing resident experience as an undergraduate. This experience consisted of entering the facility as a patient, complete with entry forms, examination, meals and an assigned bed.

He received medical treatment and therapy for 24 hours. Jay said this experience gave him true insight as to the nature of being a Health Center resident. Most recently Jay worked for a Continuing Care Retirement Community in Jackson, Michigan, called Vista Grande Villa.

Jay intends to operate the Health Center with the knowledge and skills he has developed since leaving the academic world to help insure the highest possible quality of life for the residents.

The residents of La Costa Glen warmly welcome Jay Prince and his wife of three years, Anna. During my interview I found Jay to be comfortably congenial and knowledgeable in the Continuing Life Community concept. Should I need to utilize our Health Center in the future, talking with Jay has put me at ease.

## March Display Cases

Contributed By Jen Krail

Photos by Oakgrove resident **Gordon Wiker** will be on display in the Lakeside Clubhouse this



month. Photography has been Gordon's hobby for more than 55 years. These pictures were taken in our national parks, foreign countries, flower gardens and of wildlife. This is Gordon's second time displaying his photographs at La Costa Glen and we are excited to have his newest display.

Fairway Display Cases will feature resident artist **Harvey Hersh** (also known as "Hershey"). Hershey moved to La Costa Glen in October of 2008. A widower, he and his wife were married for 60 years! He calls Brooklyn his hometown and attended New York University. He worked for 30 years for Gallo and began painting when he was caretaker for his wife. Self taught, he took his first formal art lesson in resident **Doug Strole's** art workshops where he continues to grow as an artist. He always knew he could draw as a child and kept it up during school years, especially in college where he would draw on blackboards for his professors (helping to pass all his classes)!

## The Other Side

By George L. England Sr.

I have heard the following several times since I arrived here at the Glen, "Oh, they want me to move to the other side (Health Center), and if I go there it will be the end of my world." This is a mindset that will be changed by learning more about the care one will receive at the Health Center.

**Christine Enloe** worked at the Health Center from 2003 to 2008 and recently returned to the Center as the Life Enrichment Director. The Health Center operates with the mission: "Meaningful activities that promote physical health, cognitive health, emotional health, self-esteem, pleasure, comfort, education, creativity, success and independence." This mission is achieved daily through music appreciation, cooking/baking, art/crafts, games, and social reminiscing/discussions. These are just a few of the many activities available

to enhance one's health.

Having visited the Health Center and observing these activities in progress, I saw that they are presented professionally and with loving care. One of the greatest assets we have here at the Glen is our ability to use the services of this Five Star Health Center. When someone enters the Center, they and their spouse or family may be apprehensive. However, after receiving the loving care and therapy, a grateful feeling of relief overrides all else.

Now that you are here at LCG, it is well worth a tour of the Health Center to view the facilities and see the programs offered to help us continue to live a high quality of life.



Christine Enloe

## Medication Management Angels

Contributed By Sindee Neilson

During the year-end holidays we have all seen the "elves" that deliver gift packages to La Costa Glen residents. Perhaps not so well known are the "angels" of the Resident Services Medication Program that deliver daily or weekly medications as a service to residents.

The Medication Management service is very helpful to residents when ordering and storing their medications, or just remembering when to take them becomes overwhelming. The team of nurses (**Mary Ancona, Sindee Neilson, Lacy Perrault, and Marirose Kendle**) manage the program and oversee the Medication Technicians (angels) who deliver the medications on a daily or weekly basis. The charge for the daily service is \$8.50 per day regardless of how many times the medications need to be delivered. The charge for the weekly pillbox service is \$8.50 per week. This service is available on a temporary or long-term basis.

Currently, there are approximately 50 residents who utilize the service. If you would like more information about this program, feel free to contact Sindee at 1431.








Resident Services  
"Angel" Sara  
Moore

This month's La  
Costa Glen "street"  
plant/flower is the  
**Lemonberry**



# March 2011 ~ Activities Calendar



| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|--|---|---|--|---|
|   | <p><b>Legend:</b><br/> <b>Green</b> = Bridge<br/> <b>Pink</b> = DVD lectures<br/> <b>Orange</b> = Excursions<br/> <b>Blue</b> = Speakers/Performers<br/> <b>Yellow</b> = Parties<br/> <b>Red</b> = Sports Events<br/> <b>Purple</b> = Special event<br/> <b>Chocolate</b> = New event</p>  | <p>1<br/>           8:00am Lagoon Walk<br/>           9:30am Busy Needles LT<br/>           10:00am <b>ACRYLICS AC</b><br/>           10:00am Food &amp; Beverage Comm BR<br/>           10:00, 11:00, 1:10 &amp; 2:10 <b>SPANISH HaR</b><br/>           10:30am Bible Study LR<br/>           1:00pm Glenaires CH<br/>           12:30pm Social Bridge LR<br/>           3:00pm Scripps Lecture: "Vascular Health: A Key to Overall Health"<br/>           Dr. Sunil Rayan CH<br/>           4:00pm Healthy Lifestyle Forum DM</p>  | <p>2<br/>           9:00am Hospitality Comm LR<br/>           10:00-12:00 <b>Bead Class AC</b><br/>           10:00am Art Class "C" CAS<br/>           10:30am Health Liaison Comm HC<br/>           12:30pm Duplicate Bridge SS<br/>           1:00pm <b>BEGINNING TAP CH</b><br/>           2:00pm Line Dancing CH<br/>           3:00pm Wii Love Bowling HeR<br/>           4:00pm: Jeremy Stone Series: "My Role in the Origin of the Anti-Ballistic Missile Treaty" BT<br/>           6:30pm Couples Bridge SS</p> | <p>3<br/>           8:00am Beach Walk<br/>           9:15am Readers' Theatre LR<br/>           10:00am Sit and Knit FC<br/>           10:00am <b>Skipper Trip: Valley View Casino</b><br/>           10:30am Entertainers Rehearsal CH<br/>           12:30pm Duplicate Bridge LR<br/>           7:15pm Excursion: "The Drawer Boy" at North Coast Rep</p>  | <p>4<br/>           10:00am <b>March Birthday Celebration -Avalon</b><br/>           11:00am Kazoo Band HeR<br/>           12:30pm Poker BaR<br/>           12:30pm Duplicate Bridge SS<br/>           3:00pm <b>First Friday Resident speaker series: "The History of the Airline Industry" with Dan May CH</b></p>    | <p>5<br/>           9:00am <b>DVD Series BT "Biological Anthropology"</b><br/>           7:15pm <b>Concert: Glenn Erath, Parody Singer/guitarist CH</b></p>   |
| <p>6<br/>           3:30pm Game Night LT/LR<br/>           3:30pm Bingo CH</p>  | <p>7<br/>           9:00am Art Class "A" CAS<br/>           9:30am Glen Tidings Comm BR<br/>           10:00 <b>BEGINNER Bridge Lessons LR</b><br/>           10:30am Bridge Committee LT<br/>           11:00am Excursion Committee BR<br/>           12:30pm Poker BaR<br/>           12:30pm Duplicate Bridge LR<br/>           12:30pm Social Bridge SS<br/>           1:00pm Resident Council BR<br/>           1:00pm TAP Lessons CH<br/>           2:00pm Art Class "B" CAS<br/>           4:00pm <b>DVD Lecture, BT "Great Masters of Classical Music"</b></p> | <p>8<br/>           8:00am Lagoon Walk<br/>           9:30am Busy Needles LT<br/>           10:00am <b>ACRYLICS AC</b><br/>           10:00, 11:00, 1:10 &amp; 2:10 <b>SPANISH HaR</b><br/>           10:30am Bible Study LR<br/>           1:00pm Glenaires CH<br/>           1:30 <b>Finance Committee FC</b><br/>           2:00pm <b>Cinema Society BT</b><br/> <b>Mardi Gras Party!</b><br/> <b>Parade 3:30pm</b><br/> <b>Buffet: 4:00-6:00pm</b><br/> <b>(Avalon and Monterey)</b><br/> <b>Bands: Upstairs</b></p>  | <p>9<br/>           10:00am Art Class "C" CAS<br/>           12:30pm Duplicate Bridge SS<br/>           1:00pm Fitness Committee HaR<br/>           3:00pm Wii Love Bowling HeR<br/>           7:30pm Scrabble SS</p>   | <p>10<br/>           8:00am Beach Walk<br/>           9:30am Computer Committee LR<br/>           10:00am Sit and Knit FC<br/>           10:00am <b>Skipper Trip: Queen Califia's Sculpture Garden</b><br/>           10:30am Entertainers Rehearsal LR<br/>           12:30pm Duplicate Bridge LR<br/>           6:15pm Excursion: "She Loves Me" at Mira Costa College</p>                                      | <p>11<br/>           10:00am - 12:00pm <b>Library Tour and Open House</b><br/>           11:00am Kazoo Band HeR<br/>           12:30pm Poker BaR<br/>           12:30pm Duplicate Bridge SS</p>  | <p>12<br/>           9:00am <b>DVD Series BT "Biological Anthropology"</b><br/>           10:00am <b>Putting Contest Lakeside</b><br/>           3:00pm <b>Concert: Scott Parloh, Country Singer</b><br/> <b>Fairway Clubhouse</b><br/>           1:00pm Excursion: "Little Miss Sunshine" at La Jolla Playhouse<br/>           3:30 <b>Sing Along LT</b></p>   |
| <p>13<br/>           3:30pm Game Night LT/LR</p>                                | <p>14<br/>           9:00am Art Class "A" CAS<br/>           9:00am Library Comm BR<br/>           9:30am Glen Tidings Comm HeR<br/>           10:00 <b>BEGINNER Bridge Lessons LR</b><br/>           10:00am Activities Comm SS<br/>           2:30pm Poker BaR<br/>           12:30pm Duplicate Bridge LR<br/>           12:30pm Social Bridge SS<br/>           12:30pm Special Events Comm BR<br/>           1:00pm TAP Lessons CH<br/>           2:00pm Art Class "B" CAS<br/>           4:00pm <b>DVD Lecture, BT "Dutch Masters: Rembrandt"</b></p>             | <p>15<br/>           8:00am Lagoon Walk<br/>           9:30am Busy Needles LT<br/>           10:00, 11:00, 1:10 &amp; 2:10 <b>SPANISH HaR</b><br/>           10:30am Bible Study LR<br/>           12:30pm Social Bridge LR<br/>           1:30pm A/V Committee BR<br/>           4:00pm Healthy Lifestyle Forum DM</p>  | <p>16<br/>           9:30am Excursion: "San Diego Zoo"<br/>           10:00-12:00 <b>Bead Class AC</b><br/>           10:00am Art Class "C" CAS<br/>           10:00am Safety Comm Meeting HeR<br/>           12:30pm Duplicate Bridge SS<br/>           1:00pm <b>BEGINNING TAP CH</b><br/>           1:30pm Floor Rep. Meeting FS<br/>           2:00pm Line Dancing CH<br/>           3:00pm Wii Love Bowling HeR<br/>           3:00pm <b>Great Decisions Group LR</b><br/>           6:30pm Couples Bridge SS</p>  | <p>17<br/> <b>St. Patrick's Day</b><br/>           8:00am Beach Walk<br/>           9:15am Readers' Theatre LR<br/>           10:00am Sit and Knit FC<br/>           10:00am <b>Skipper Trip: Balboa Park/Fashion Valley</b><br/>           10:30am Entertainers Rehearsal CH<br/>           12:30pm Duplicate Bridge LR</p>  | <p>18<br/>           10:00am Rose/Landscape Comm BR<br/>           10:00am Movie Committee LR<br/>           11:00am Kazoo Band HeR<br/>           12:30pm Poker BaR<br/>           12:30pm Duplicate Bridge SS<br/>           2:00pm <b>Town Hall Meeting CH</b></p>  | <p>19<br/>           9:00am <b>DVD Series BT "Biological Anthropology"</b></p>  |
| <p>20<br/>           3:30pm Game Night LT/LR<br/>           3:30pm Bingo CH</p> | <p>21<br/>           9:00am Art Class "A" CAS<br/>           9:30am Glen Tidings Comm BR<br/>           10:00 <b>BEGINNER Bridge Lessons LR</b><br/>           12:30pm Poker BaR<br/>           12:30pm Duplicate Bridge LR<br/>           12:30pm Social Bridge SS<br/>           1:00pm TAP Lessons CH<br/>           2:00pm Art Class "B" CAS<br/>           2:00pm <b>PHOTO GROUP FT</b><br/>           3:00pm <b>Scripps Party CH</b><br/>           4:00pm <b>DVD Lecture, BT "Great Masters of Classical Music"</b></p>   | <p>22<br/>           8:00am Lagoon Walk<br/>           9:30am Busy Needles LT<br/>           10:00am <b>ACRYLICS AC</b><br/>           10:00, 11:00, 1:10 &amp; 2:10 <b>SPANISH HaR</b><br/>           10:30am Bible Study LR<br/>           12:30pm Social Bridge LR<br/>           1:00pm Glenaires CH<br/>           3:00pm <b>Drum Circle CH</b><br/>           4:00pm Healthy Lifestyle Forum DM<br/>           5:00pm <b>SPORTS NIGHT</b><br/> <b>Dinner/Lecture with Larry Himmel, KFMB-TV SS</b></p>   | <p>23<br/>           10:00am Art Class "C" CAS<br/>           12:30pm Duplicate Bridge SS<br/>           1:00pm <b>BEGINNING TAP CH</b><br/>           2:00pm Line Dancing CH<br/>           3:00pm Wii Love Bowling HeR<br/>           4:30pm <b>Book Club Lakeside Lib</b><br/>           6:30pm Tripoley BaR<br/>           7:30pm Scrabble SS</p>   | <p>24<br/>           8:00am Beach Walk<br/>           10:00am Sit and Knit FC<br/>           10:00am <b>AND 1:00pm Skipper Trip: San Diego Botanic Gardens Tour</b><br/>           10:30am Entertainers Rehearsal CH<br/>           12:30pm Duplicate Bridge LR</p>   | <p>25<br/>           11:00am Kazoo Band HeR<br/>           12:30pm Poker BaR<br/>           12:30pm Duplicate Bridge SS<br/>           3:00pm <b>Lecture: "Successful Aging: Body, Mind and Lifestyle" with Dr. Judy Phillips CH</b></p>   | <p>26<br/>           9:00am <b>DVD Series BT "Biological Anthropology"</b><br/>           9:30am <b>Golf Tournament</b><br/>           7:00pm <b>Moon Dance with Reno Devinent and the Encores CH</b></p>    |
| <p>27<br/>           3:30pm Game Night LT/LR<br/>           3:30pm Bingo CH</p> | <p>28<br/>           9:00am Art Class "A" CAS<br/>           10:00 <b>BEGINNER Bridge Lessons LR</b><br/>           12:30pm Poker BaR<br/>           12:30pm Dup. Bridge LR<br/>           12:30pm Social Bridge SS<br/>           1:00pm TAP Lessons CH<br/>           2:00pm Art Class "B"<br/>           4:00pm <b>DVD Lecture, BT "Dutch Masters: Rembrandt"</b></p>   | <p>29<br/>           8:00am Lagoon Walk<br/>           9:30am Busy Needles LT<br/>           10:00am <b>ACRYLICS AC</b><br/>           10:00, 11:00, 1:10 &amp; 2:10 <b>SPANISH HaR</b><br/>           10:30am Bible Study LR<br/>           10:30am <b>Excursion: Little Italy tour and lunch</b><br/>           12:30pm Social Bridge LR<br/>           4:00pm Healthy Lifestyle Forum DM</p>  | <p>30<br/>           10:00am Art Class "C" CAS<br/>           12:30pm Duplicate Bridge SS<br/>           1:00pm <b>BEGINNING TAP CH</b><br/>           2:00pm Line Dancing CH<br/>           3:00pm Wii Love Bowling HeR<br/>           6:30pm Tripoley BaR<br/>           7:30pm Scrabble SS</p>   | <p>31<br/>           8:00am Beach Walk<br/>           10:00am Sit and Knit FC<br/>           12:30pm Duplicate Bridge LR<br/>           7:15pm <b>Resident Show: "The Glen of the Seas" CH</b></p>   | <p><b>LCG Room Locations Lakeside Clubhouse</b><br/>           AC—Arts &amp; Crafts Room<br/>           AD—Avalon Dining Room<br/>           BR—Board Room<br/>           BaR—Balboa Room<br/>           CH—Catalina Hall<br/>           CL—Computer Lab<br/>           CR—Coronado Room<br/>           DM—Del Mar Room<br/>           HaR—Hacienda Room<br/>           LI—Lakeside Library<br/>           LR—Laguna Room<br/>           LT—Lakeside Terrace</p> | <p><b>Fairway Clubhouse</b><br/>           BT—Brentwood Theatre<br/>           CAS—Creative Arts Studio<br/>           FC—Fairway Conf. Room<br/>           FS—Fitness Studio<br/>           FT—Fairway Terrace<br/>           LD—Liar's Den<br/>           OJ—Ojai Room<br/>           PA—Palomar Room<br/>           PL—Parkside Library<br/>           PO—Presidio Room<br/>           PR—Pt. Reyes Room<br/>           SS—San Simeon Room</p> |

**Lectures:**  
**Tuesday, Mar 1**  
 3:00pm CH  
 Scripps lecture:  
 "Vascular Health—A Key to Overall Health"  
 Dr. Sunil Rayan

**Wednesday, Mar 2**  
 4:00pm BT  
 Jeremy Stone Series:  
 "My Role in the Origin of the Anti-Ballistic Missile Treaty"

**Friday, Mar 4**  
 3:00pm CH  
 First Friday Resident Series:  
 "The History of the Airline Industry" with Dan May

**Friday, Mar 25**  
 3:00pm CH  
 "Successful Aging: Body, Mind and Lifestyle" with Dr. Judy Phillips

**Administrative:**  
**Friday, Mar 18**  
 2:00pm CH  
 Town Hall

**Parties:**  
**Friday, Mar 4**  
 10:00am Avalon  
 March Birthday Celebration

**Tuesday, Mar 8**  
 Mardi Gras Party  
 3:30pm Parade  
 4:00-6:00pm Party in Avalon and Monterey

**Monday, Mar 21**  
 3:00-5:00pm CH  
 Scripps Party with buffet

**Saturday, Mar 26**  
 7:00-9:00pm CH  
 Moon Dance with Reno Devinent and the Encores

**Performers:**  
**Saturday, Mar 5**  
 7:15pm CH  
 Glenn Erath, Parody Singer

**Saturday, Mar 12**  
 3:00pm Fairway Clubhouse  
 Scott Parloh, Country Singer

**Special Events:**  
**Friday, Mar 11**  
 10:00am-12:00pm All Libraries  
 Library Tour and Open House

**Tuesday, Mar 22**  
 5:00pm SS  
 Sports Night  
 With Larry Himmel, KFMB-TV

**Thursday, Mar 31**  
 7:15pm CH  
 "The Glen of the Seas"