Official Publication of Huntington-Landmark

Senior Adult Community

20880 Oakridge-Lane, Huntington Beach, CA 92646

www.huntingtonlandmark.com

MARCH 2024

Living









2024 Board of Directors Open Meeting Schedule

Wednesday, March 6	10:00 AM
Wednesday, April 3	10:00 AM
Wednesday, May 1	10:00 AM
Wednesday, June 5	10:00 AM
Wednesday, July 3	10:00 AM
Wednesday, August 7	10:00 AM
Wednesday, September 4	10:00 AM
Wednesday, October 2	10:00 AM
Wednesday, November 6 (Annual)	04:00 PM
Wednesday, December 4	10:00 AM

FAVORITE DESSERTS – STATE BY STATE

By Mike Di Gennaro, LL Staff

NEW MEXICO – Biscochitos are spicy shortbread cookies flavored with anise and sprinkled with cinnamon.



Ask Me About The New Baby Boomer Loan!

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DISCLAIMER

HLVoice is a private Facebook community created by a resident of our community. Kindly be advised that this Facebook community is not operated, managed by, or affiliated with the Huntington Landmark HOA, Board of Directors, nor with HL Management.

NEW RESIDENT INFORMATION

By: Linda Rosenthal, LL Staff

You know you can't wash your car in front of your home. What to do? Landmark has a carwash area in the RV lot for all to use any time, no charge. Just drive your car into the RV lot and turn right. There are several large hoses hooked along the wall. Bring your own rags and cleansers. Be sure to turn the water off and rehang the hose after you are done. This service is for residents only — no relatives or friends' cars. Happy washing!

BE PREPARED

By Linda Rosenthal for Emergency Preparedness Group

There is an emergency – fire, earthquake, etc. Your Grab and Go Bag is set for you to leave the building immediately. What about Spot and Puff? Have a bag of supplies ready to take with you and your pet if you must leave quickly. Here is a list of some items you should bring with you:

- A 3-day supply of food, water & bowls for each
- collars & leashes (and maybe a muzzle)
- ID tags should be on your pet pooper scooper & bags
- blanket or towels for warmth
- vaccination & medical records
- picture of you and your pet together (to prove the animal is yours)

There are other items you will think of putting in the pet bag, but this list will get you started. You are responsible for the health and safety of your pets.

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HUNTINGTON LANDMARK GUIDING PRINCIPLES

MISSION: To protect the value of our property

VISION: To continue as a contemporary community where our residents can enjoy quality living **VALUES:** Inclusiveness, Relationships, Transparency, Engagement

PRESIDENT'S MESSAGE

By Steve Brown, Board President

As we look forward to the first days of Spring, I hope you are drying from the rains, and enjoying the fresh weather. Spring time has a lovely energy for a fresh start! You'll see in Phase 8 we are starting Landscape Renovations.

I want you all to know how pleased I am that the situation regarding increased events and activities is being received, analyzed, discussed, and reviewed by our members. The good news is we are coming gang-busters out from the COVID pandemic with lots of activities and events on the calendar. The flip side is that the increased time spent preparing for MRA room use takes away from other equally important janitorial maintenance required to best maintain our aging infrastructure.

The BOD and Management are working to determine the best outcome for all.

If you have not yet reviewed the proposed rules and provided comment, please do so. If you have thoughts about this, we'd like to read them! The 28-day review and comment period started upon posting – February 8. The last day to submit your comments, via email to Management and the Board, is Thursday, March 7. We welcome your feedback!

Finally, and always – remember how important it is to keep family and friends in your thoughts and to reach out to let them know you care.

MAKING CONNECTIONS

By Rose Eliff, LL Staff

There's been a lot written recently about the difficulty of making new friends as an adult, especially as older adults. Younger people might meet others at work, parties, bars, dances, etc. But if those aren't part of your life, you have to find other ways to meet people, avoid being isolated and gain new friends. Some studies report that having friends and a good support group can help us live longer, healthier lives.

We're fortunate that we have an active community with many opportunities to meet people. Numerous events and activities help people connect and engage with one another, some sponsored by Landmark, others by Landmark groups and clubs. You can be as involved as you choose to be.

One way to connect is simply stepping outside for a walk. There are always friendly people out, many with adorable dogs. Maybe swimming is your thing. Join a workout class twice a week or swim on your own. You can often find a group of people catching up in the water, too.

Into sports? We have everything from pickleball, tennis and horseshoes to shuffleboard and more. Playing billiards is a nice way to have fun and enjoy good conversation. There are also classes available for aerobics, Zumba, stability and more. If you're musically inclined, we have groups where you can join in and make your own kind of music.

Are you a "gamer?" Bingo, bridge, poker, and other card games are great for gathering together.

A plethora of clubs is available and eager for members. There are clubs to suit a great number of interests, whether you're good with your hands or like to be engaged in the safety of our community. Several groups work diligently to put on fun events, such as the summer concerts, dinner/dances, events for children to enjoy and presentations of interest to our community.

Into social media? Over 400 residents are part of the HLVoice group on Facebook. Members ask neighbors for recommendations for hairdressers, handymen and other services. Coyote sightings are reported so you know if it's a good time to take your pup out for a walk. Lost and found items, things for sale and other helpful posts help us connect. (NOTE: HLVoice is not sponsored by or associated with Huntington Landmark, the HOA board or Seabreeze. It's a private group moderated by residents.)

If you've been hesitant about joining in on activities, going to Coffee and Conversation or getting your dance on, give something of interest a try. You'll find warm, kind, friendly neighbors who are supportive, helpful, and fun to be with.

COMMITTEE MEETING DATES, CHAIRS & BOARD ADVISORS:

Architectural Control Committee

Wednesday, 10:00 AM, Conference Room (Closed Meeting - Appointment Only)

Chair: Marsha Merendino: msmerendino@aol.com
Board Advisor: John Koze: jkozehlboard@yahoo.com

Landscape Advisory Committee

2nd Tuesday, 1:30PM, MPR2

Chair: Steve Bova: huntingtonlac@gmail.com
Board Advisor: Nancy Henry: nghsews@socal.rr.com

Rules Committee

As Needed

Chair: Judith Larson: judithinhb@gmail.com

Board Advisor:

Maintenance Advisory Committee

4th Tuesday, 8:30AM, MPR1

Chair: Tom Tullius: localrep@aol.com

Co-Chairs: David Dawes: dawesdr@yahoo.com

Vard Whittick: vardmaint@gmail.com

Board Advisor: Dan Orozco: danhlboard@gmail.com

Property Protection Advisory Committee

2nd Tuesday, 10:30AM, MPR1

Chair: Marie Sandidge: mmsandidge@verizon.net
Board Advisor: Peggy Dern: peggydern@yahoo.com

SAVORING A SLOWER PACE

By Rose Eliff, LL Staff

"Nature does not hurry, yet everything is accomplished." – Lao Tzu

The world often encourages us to rush rush, don't miss out, hurry up, be busy. Many are finding, though, that a slower pace suits them best. When we slow down, we find ourselves noticing things that we had only rushed past before. A slower pace gives us the time and space to enjoy the gifts of the day.

After being on busy freeways and streets, it's a nice change of pace to pause at the gates of Landmark, wait a moment for the gate to lift (giving the guard a friendly wave if you enter from Atlanta) and then slowly enter, easing into our community. It's a different rhythm than on the city streets. A single lane in each direction, a slower speed limit, well-maintained roads. Driving along, we wave at our neighbors out for a walk, either alone, with a friend or with a dog or two. They smile back, we connect, and spirits are lifted by a friendly silent exchange.

It's nice to sometimes take the leisurely long way home through Landmark's streets so we can enjoy the natural beauty of our community. The hundreds of mature trees, the cleanliness of the streets, a bluebird spotted flying from roof to tree, a squirrel chittering on a branch, the landscaping as it changes through the seasons. Each February, we can look forward to the pear trees blooming, their tiny white petals floating to the ground like snow. In spring, the Ballerina Indian Hawthorne bushes bloom, creating lovely drifts of pink blossoms throughout the community.

Slowing down allows us the space and freedom to notice the beauty and good things all around and within; it allows us to enjoy life more fully.

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<u>LANDMARK LIVING</u>

FINANCIAL REPORT

By: Laurie Erickson, CFO

Operating Expenses Are Less Than Income: Year to date operating expenses paid through month ending December 2023 were \$341,868.93 less than income. This is a significant sum



to be under budget and I would like to explain how, if the below circumstances did not occur, we would actually be considerably less underbudget. While being underbudget is good news, being \$341,868 underbudget led me to dig deeper.

First, due to increased interest rates and increased demand for RV spaces, we received \$24,731 above income expectations. Second, you will recall we were unable to fund the amount of Earthquake insurance we had budgeted for, thus we bought a policy that cost \$133,000 less than budget. Third, we have Tree Trimming scheduled for mid-winter which is part of our 2023 tree trim contract – the amount of the tree trim will be \$39,431. Fourth, Management negotiated a rebate on our utility cart lease, effectively suspending the final payment of \$10,000. Fifth, Construction Management costs in the amount of \$42,771 have been paid from reserves because their work is applicable to building renovations. Sixth, \$7,977 in tree treatments did not take place because previous treatments and the significant rains reduced insect damage. Seven, \$9,217 in landscape controller payments were made, however the checks have not yet cleared – we are investigating this. Eight, we budgeted a lot for water usage, however the weather provided significant irrigation, thus our bill was substantially reduced - \$54,869 underbudget. Items 1-8 total \$321,996. Had our budgeted expectations come to fruition we would recognize being \$19,872, underbudget for 2023. So, our 2023 budget estimates were not too far off; circumstances beyond our control resulted in this windfall!

There is more good news! At the end of a fiscal year, fund in excess of those budgeted are added to our Owner's Equity. Owner's Equity is separate from reserves and separate from operating – it can operate like an Emergency Savings Account. Best practices for HOA accounting suggest one and one-half times the amount of monthly assessments be held in Owner's Equity – this would be \$1,067,275 for our community. Our current Owner's Equity balance -year end – is \$1,272,772. This shows the care and commitment of our owners toward paying their assessments in a timely manner, allowing us to accrue and maintain an Owner's Equity balance slightly in excess of best practices.

Reserve Expenses Are Less Than Income: Reserve expenses for the year through month ending December 2023

were \$106,032.02 more than income.

Delinquencies: Outstanding accounts receivable increased \$40,030.40 over 2023. Of the \$88,853.83 outstanding accounts receivable, \$63,687.34 represents the balances due from 8 accounts that are currently at the attorney.

Reserve Fund: The Reserve fund was 39% funded at the close of 2022. Reserve Fund contributions were \$3,360,000 for the year. Our goal remains our becoming 70% funded. The status of the funding of our reserves will be in the Annual Budget Report in accordance with Civil Code section 5300 and the Annual Policy Statement, Civil Code Section.

YEAR-TO-DATE FINANCIAL SUMMARY

12/31/23

The following details are based on the Financial Reports to be approved at the next scheduled Board Meeting.

OPERATING

	*								
	ASSETS		LIABILITIES	ΥT	D SURPLUS/(LOSS)				
\$ 1,675,661		\$	1,333,792	\$	341,869				
			INCOME		EXPENSE		YTD SURPLUS /(LOSS)		
	BUDGET	\$	8,255,100	\$	8,255,100	\$	-		
	ACTUAL	\$	8,279,832	\$	7,937,963	\$	341,869		

Operating Notes:

ncome -- Total Income; 24,731 more than budget

Expense -- General & Administrative; 132,604 less than budget

Expense -- Landscape; 64,486 less than budget
Expense -- Maintenance: 25.513 more than budget

Expense -- Property Protection: 19.636 more than budget

Expense -- Recreation; 9,344 less than budget

Expense -- Utilities; 35,888 less than budget

expense -- Insurance; 133,372 less than budget

Expense -- Depreciation; 3,410 more than budget

Expense -- Reserve Contribution; per budget

RESERVE										
ASSETS		SURPLUS/(LOSS)								
\$ 6,505,448	\$	6,611,480	\$	(106,032)						
		INCOME		EXPENSE		YTD SURPLUS/(LOSS)				
BUDGET	\$	3,400,000	\$	3,400,000	\$	-				
ACTUAL	\$	3,494,798	\$	3,600,830	\$	(106,032				

| Reserve Notes:

ncome -- Total Income ; 94,798 more than budget

Expense -- Administrative; 24,464 more than budget

Expense -- Buildings; 537,156 more than budget

Expense -- Pools; 591 less than budget

Expense -- Utilities; 35,197 less than budget

expense -- Furniture & Fixtures; 113,069 less than budget

expense -- Infrastructures; 7,623 more than budget

expense -- Landscape; 145,107 less than budget

xpense -- General; 74,449 less than budget Reserve Fund Status:

Current Cumulative Balance :

alance: \$ 6,507,704 year ending 12/2022 audited

Status of percentage of funding will be reported annually



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<u>LANDMARK LIVING</u>

HAM AND CHEESE SLIDERS

By Diana Edmunds, LL Staff

- 1tsp Butter or margarine, softened
- 2tsp Mayonnaise
- 2tsp Dijon Mustard
- 1tsp Worcestershire Sauce
- 1/8 tsp Garlic Powder
- 4 Hawaiian Rolls
- 3oz Sliced Ham (3-4 slices)
- 2oz Sliced Swiss Cheese (2-3 slices)
- ½ T Butter, melted
- ½ tsp Poppy Seeds (Optional)

Heat oven to 375 degrees. Lightly Butter a 5x5 baking dish to prevent sticking. In a small bowl whisk mayo, mustard, Worcestershire sauce and garlic powder. Slice the rolls horizontally placing the bottom half in the dish. If they split apart, Don't Worry! Invert the top half of the rolls and spread the sauce on the flat side. Set it aside. Begin by placing half of the ham on the rolls in the dish. Add a cheese layer and repeat. Carefully placed the sauced top half of the roils over the meat and cheese. Lightly brush tops with melted butter and sprinkled poppy seeds. Bake for 10 minutes, covering with foil if tops brown too quickly. Allow to rest for 5 minutes.

Serves 1-2 people. Easily double or tripled.

TIME FOR FIESTA!

By Joanne Currie

Travel South-of-the-Border for colorful Latin theme.
Time to place your order!
There'll be much to be seen.

Bright Mariachi music sets tone for party time! Garb is next thing to pick Bright attire is sublime.

Traditional spicy food, a flavor that can't be beat, heats up the fiesta mood. It is always fun to eat!

Latin theme does enthrall. for cheery time as a fling! Fiesta time is fun for all to observe start of Spring.

CELEBRATING ST. PATRICK'S DAY WITH FAMILY TREES AND GENEALOGY

By Katie Corbett, Features Editor

Celebrating St. Patrick's Day may remind us of researching Family Trees and Ancestry. Com for future family legacies. Fortunately, U.S. forefathers gave us huge, enthusiastic ethnic populations such as African, Asian and Spanish Americans as well as 31.1 million Irish residents.

Since the flood of Irish immigrants beginning perhaps in the 1750s, many Americans including us Corbett's celebrate the March 17 birthday of St. Patrick, the patron saint of Ireland. The feast day started as a religious celebration in the 17th century to commemorate the life of Saint Patrick and the arrival of Christianity in Ireland. It always occurred on the anniversary of St. Patrick's death, which was believed to be March 17, 461.

Many traditions have developed around it, but especially the shamrock that St. Patrick used in his teachings to symbolize the Holy Trinity. To this day, the clover continues to be an Irish symbol of pride, and it is believed that wearing or decorating with clovers for St. Patrick's Day brings good luck. Or dropping a clover in your beer or Irish whiskey, drink it all up, then for good luck, throw the clover over your left shoulder while toasting the saint.

As March 17 approaches, consider searching for four leaf clovers, or finding that pot of gold at the end of the rainbow. But, those aren't the only St. Patrick's Day traditions for good luck. There are, indeed, other ways to participate in some fun customs that might get you a little luck of the Irish.

The shamrock traditions are simple for any of us to follow, but:

If you count the cars at a funeral, bad luck will befall you.

If you burn a pack of playing cards, bad luck will befall you.

If you see a black cat, you will be lucky.

If you put your stockings inside-out, you will be lucky.

And then, of course, the one that has stuck around for St. Patrick's Day, that all of us know and love: "If you find a four-leafed shamrock, you will be lucky."

If you want to research your Family Trees, many libraries and Latter-Day Saints Church Genealogy centers have organizations and records to assist the public.

66 SHE SAVED MY LIFE "

Huntington Beach Resident Anne S. had been experiencing the painful side effects of Peripheral Neuropathy, "my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life." Then she met Huntington Beach's very own **Dr. Stefanie Bennett**.

eripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Anne explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Anne hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately, Anne's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't

working or have uncomfortable side effects.

Fortunately, four months ago Anne read an article about Dr. Stefanie Bennett and the work she was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications. Dr. Bennett, founder of Bennett Acupuncture and Functional Medicine of Fountain Valley and Huntington Beach, is using the time-tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

Now when I go to bed at night I don't have those shooting pains.
I don't have that burning sensation. I don't have pain coming up my legs," Anne enthusiastically describes life after receiving Dr. Bennett's treatments. "I can wear socks and shoes!

Anne and her friends stay very busy now going to pilates, supporting Meals on Wheels, going golfing with their husbands, and walking the beach.

It's life altering. As far as I'm concerned Dr. Bennett saved my life!

Dr. Bennett has been helping the senior community for over 20 years using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Huntington Beach.

If you've missed too many tee times because of pain or you've passed on walking Dog Beach with your grandkids and pup, because you're afraid of falling, it's time to call Dr. Bennett and the staff at Bennett Acupuncture.

IT'S TIME YOU LET YOUR GOLDEN YEARS BE GOLDEN!

Dr. Bennett is once again accepting new patients. And for a limited time will be offering \$37 consultations so call **(714) 962-5031** before **April 1st** to schedule a consultation.



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ACROSS

- 1. Grocers stock them
- 5. A lot, for many?
- 9. Ignominy
- 14. Scat queen Fitzgerald
- 15. Timely blessing
- 16. "The ___ Express"
- 17. Discovery zone?
- 19. Place setting?
- 20. Minor planet
- 21. Manet or Monet, e.g.
- 22. You can dig it
- 23. Caesar's penultimate words
- 24. Asmodeus, e.g.
- 28. Ignore, as an insult
- 33. Wear away, as popularity
- 34. "Misery" star
- 35. Red or White
- 36. Quote
- 37. Squatter's right
- 39. First name in the "Ocean's Twelve" cast

- 40. Lleyton Hewitt serve, occasionally
- 41. Head of 42-Across
- 42. Stout cousin
- 43. To be classified as
- 46. Word with soap or grand
- 47. Greek god of war
- 48. Last gtr. kickoff
- 50. Mermanesque
- 53. Type of relationship
- 58. Texas Hold 'Em ploy
- 59. Mythical place where sleep is paramount
- 60. Da Gama destination
- 61. "The Grapes of Wrath" character
- 62. Lambaste
- 63. Car bomb?
- 64. Took advantage of
- 65. "Auld Lang

DOWN

- 1. Contemporary of Boris and Lon
- 2. Interjection of dejection
- 3. Nimiety
- 4. Sound upstairs
- 5. More than dislike
- 6. Workplace fixture
- 7. Hope/Crosby film title word
- 8. Peyton Manning target
- 9. Marked by frugality
- 10. Spa amenity
- 11. "___ want for Christmas is . . . "
- 12. "The Valachi Papers" author Peter
- 13. Formerly, formerly
- 21. Special Forces
- 23. Actor Morales

- 18. Old hag
- unit

- 24. Starbucks order, briefly
- 25. "Fear of Fifty" writer Jong
- 26. "Psycho" setting
- 27. Horatian creation
- 29. Caesar's "veni"
- 30. Midwest native
- 31. Campaign target
- 32. More than required
- 37. Rock rabbit
- 38. Sonny boys

- 39. Where X marks the spot
- 41. Marine mammal
- 42. State revenue generator
- 44. Timmy's pal
- 45. Country singer Milsan
- 49. Gave in
- 50. Soft cheese
- 51. "The Fountainhead" novelist Avn

- 52. Benefits
- 53. Tara's neighbor, Twelve
- 54. Does in, mob-style
- 55. Word of exclusivity
- 56. When two hands meet
- 57. What trained athletes look for
- 59. Bud's partner

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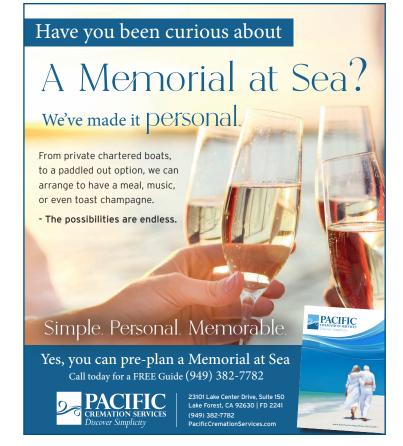


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Ε	Р	В	N	D	I	Т	С	Н	Ε	S	U	S	С
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FACT OR FICTION?

By: Mike Di Gennaro, LL Staff

- 1. Pineapples, bananas, watermelons, pumpkins, and avocados are berries.
- 2. Dinosaurs lived on every continent.
- 3. Even pressure breaks an egg.



Lumber Raccoons Chipmunk Fawn Blueberries Squirrels Wildcat Elk Animals Elm Blackberries Ditches **Flowers** Doe **Oppossum** Fences Weeds Grass Pine Deer



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WHAT IS ZUMBA?

By Adrianne Rosenfeld, Zumba Instructor

Zumba is exercise in disguise. Every movement in Zumba is designed to work a part of your body and you're having fun while doing it!!!

If you like to dance, you'll love Zumba. There is no wrong way to do ZUMBA. If you are sweating and smiling, you're doing it right.

ZUMBA Gold is what I teach at Landmark every Saturday morning at 9:30AM, and it is very different from ZUMBA basic. In ZUMBA Gold, the intensity is less, no

jumping, no fast turns, no head below the knees and every 3 or 4 songs we break and hydrate.

Change your body and change your mind while dancing to salsa, cowboy, rock and roll, merengue, flamingo, cha cha and of course cumbia.

Bring water, a towel and a smile and come and dance!!!



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LIBRARY NEWS

By Judy Hedenberg, HL Library

We are delighted to announce our annual fundraising Tea and Fashions Show will be on Thursday April 18. We will be selling tickets for \$35 dollars, on Saturday March 30 in MPR2 at 9:00, and on Saturday April 6 in the library at 10:00, until sold out. It will include fashions from Carol's Boutique, raffles for both gift cards and 50/50, and catering by Suzanne's with assorted tea sandwiches and sweet bites. It will run from 1:00 to 3:00. We look forward to seeing you all and having a grand time. Without the assistance of the Landmark community, we would not be able to keep the library open and running. We truly appreciate your continuing support and look forward to seeing you there.

NEW BOOKS FOR MARCH

MF Try Not to Breathe

David Bell

MF The Woman in the Library

Sulari Gentill

MF Goodbye Girl

James Grippando

MF Near Miss

Woods & Battles

F Gull Island

Anna Porter

F The Covenant of Water

Abraham Verghese

Also included each month are six librarian's choice books. These are older books that are favorites, that may have been overlooked when they were new. Please take the opportunity to check out some by different authors.

EMERGENCY READINESS

By Linda Rosenthal for Emergency Prep Group

More earthquake information. We have had a few "small" quakes lately and, hopefully, no big ones since this newsletter went to press. Here's some information to help you know when it's safe to go back into your building after a quake. DO NOT ENTER IF:

- Building is partially collapsed
- Building is tilted
- There is falling debris
- Building full of smoke or a gas smell or sound
- Electricity is sparking
- Fire is bigger than the size of a kitchen trash can
- Flooding greater than 1 inch deep
- Building is dark and you have no flashlight.

Keep these hints in mind in case of a serious earthquake. Be safe, not sorry.

NEIGHBOR ASSIST

By Sylvia Widmeyer, Neighbor Assist Chairman

Neighbor Assist is all about resident volunteers helping fellow residents with their medical equipment needs. But now **Neighbor Assist needs your help.** We need additional staff.

We are looking for residents to serve as "subs." We have a dedicated phone line (714-960-2277) that can be answered remotely. As a volunteer you check the phone multiple times during the day and respond to the messages left by residents and make arrangements to meet them to pick up or return equipment.

Scheduling surgery? Need equipment for your recovery? Give **Neighbor Assist** a call **at 714-536-2277**. We have a number of items that may be of assistance: shower chairs, wheelchairs, transport chairs, commodes and toilet seat raisers, canes, crutches, walkers with or without seats, bed rails, knee scooters, etc.

All it takes is a **call to 714-960-2277** and leave the following information: name, unit number, contact phone number, and what items you are looking for. The volunteer of the day will call back to set up a time for equipment pickup. When you no longer need the equipment call 714-960-2277 and arrange a time to return the items. Do not just leave equipment in the sewing room and do not drop off equipment/supplies at the office. If we don't know who has returned an item, we cannot close out the paperwork.

Have unused medical supplies, don't throw them in the trash – DONATE THEM – and if you see items left by the dumpsters, please call **714-960-2277** with the location and we will pick it up.

Haven't signed up for <u>FireMed?</u> Only \$60 a year to help cover the cost of ambulance service. Applications are in the management office. Here's to a healthy 2024.



JOKE

Don't do anything you wouldn't want to explain to the paramedics.

FACT OR FICTION? ANSWERS

- 1. fac
- 2. fiction not Antarctica
- 3. fiction

ACCIDENTAL INVENTIONS

By Mike Di Gennaro, LL Staff

THE IMPLANTABLE PACEMAKER – Professor Wilson Greatbatch accidentally invented the Pacemaker in 1956. He was trying to record heart sounds, but by using the wrong transistor, his device gave off an electrical impulse that mimicked the heart pulse.

MARCH 2024 1



Embodying Christ's Love Through Service

VOLUNTEER NETWORK

Individuals ready to serve

EMOTIONAL AND SPIRITUAL SUPPORT

A listening ear, prayer, and companionship

I am a Huntington Landmark resident and understand the challenges seniors face. Helping Hands Ministry is a Christian nonprofit organization that serves our community.

> (714) 932-5037 boberiksen@gmail.com



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Medicare Made Simple



I am a resident of Huntington Landmark Call Roy Welch Office: 800-641-3315.





CMS (Center for Medicare and Medicaid Services) requires phone recordings.

CMS requires that agents must record all marketing, sales, and enrollment calls for Medicare Advantage Plans and Part D drug Plans in their entirety,

Due to this requirement, I now have a new cell phone number above that will record all calls incoming and outgoing.

Why are Phone Conversations Recorded?

- To ensure the agent is working in the best interest of the client.
- Recording phone conversations helps to maintain accurate records of the information provided to beneficiaries.
- It serves as a reference point for dispute resolution and verification of the details discussed during the call.

In Conclusion

Recording phone conversations about Medicare Advantage Plans and Part D drug plans is a positive step toward ensuring that beneficiaries receive accurate and transparent information. It provides a means for beneficiaries to access and verify the details discussed during the call, ultimately contributing to a better understanding of their healthcare coverage options.

Not affiliated with or endorsed by Medicare or any other government agency. Medicare has neither reviewed or endorsed this information. CA License # 0E81972. We do not offer every plan available in your area. Currently, we represent 9 organizations that offer 56 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all your options in your area.

Welch Insurance 17011 Beach Blvd. Suite 900 HB CA 92647

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LIBRARY HOURS

Monday - Friday 10 AM - 2 PM Saturday 10 AM - 12PM

Sunday - Closed **Library Phone: 714-536-4767**

SEABREEZE STAFF

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MONDAY

TUESDAY

WEDNESDAY



AR = ART ROOM
BC = BEACON CABANA
BR = BILLIARD ROOM
CMR = CERAMICS ROOM

CONF = CONFERENCE ROOM

HS = HORSESHOE PIT

PR = POKER ROOM

ML = MAIN LOUNGE

MP = MAIN POOL SR = SEWING ROOM TC = TENNIS COURTS WS = WOODSHOP

4

8:15AM HB Aerobics 10:00AM Morning Jam	
12:15PM Hand & Foot	
12:30PM Water Workout	MP
1:00PM Surf City Quilters 1:00PM Friendly Ladies Hold'Em	SR BC
6:30PM Mon Night Game	BC
6:30PM Friendly Poker	PR

5 GENEOLOGY 10AM—MPR2

9:00AM Toymkrs SewingAR/S	
9:30AM NeedlecraftS	R
9:30AM ScrapbookingMPR	2
10:00AM CeramicsCM	ΙR
12:30PM Pan Card GameB	C
1:00PM MahjongMPR1	
2:00PM Book Group	PR
5:00PM Line Dancing	ЛL
6:00PM Tom's PokerF	PR

6 BOD MTG 10AM—Main Lounge

	TO/AIVI IVIAIII EOC	8c
	8:15AM HB Aerobics	ML
	9:30AM Yoga Chair	ML
	10:00AM ACC 12:30PM Water Workout	CONF
	12:30PM Water Workout	MF
	1:00PM Horseshoes	HS
	2:00PM Movie	MPR2
2	4:00PM Card Games	BC
L	5:30PM Bingo 6:30PM Billiards Club	MPR1
2	6:30PM Billiards Club	BR

11

8:15AM HB Aerobics	ML ML MP SR
6:30PM Mon Night Game	BC
6:30PM Friendly Poker	PR

12

12	
9:00AM Toymkrs Sewing	
9:30AM Needlecraft	
9:30AM Scrapbooking LO:00AM Ceramics	IVIPK2 CMR
L0:30AM Prop Pro Com	
2:30PM Pan Card Game	BC
1:00PM Mahjong	MPR1
1:30PM Landscape Com	MPR1
5:00PM Line Dancing	ML
6:00PM Tom's Poker	PR

13

8:15AM HB Aerobics	MI
9:30AIVI Yoga Chair	IVII
10:00AM ACC	CONF
12:30PM Water Workout	МР
1:00PM Horseshoes	HS
4:00PM Card Games	BC
5:30PM Bingo	MPR1
6:30PM Billiards Club	BF

18

8:15AM HB Aerobics	MI MF MPR1 SR
6:30PM Mon Night Game	B0
6:30PM Chorale	MPR1

19

9:00AM Toymkrs Sewing	AR/SR
9:30AM Needlecraft	
9:30AM Scrapbooking	MPR2
LO:00AM Ceramics	CMR
L1:00AM Toymakers	
12:30PM Pan Card Game	BC
5:00PM Line Dancing 6:00PM Grandparents Clu 6:00PM Tom's Poker	ML
6:00PM Grandparents Clu	bMPR1
6:00PM Tom's Poker	PR

20

8:15AM HB Aerobics	ML
9:30AM Yoga Chair	MI
10:00AM ACC	CONF
12:30PM Water Workout	MP
1.00PM Horseshoes	HS
l 2:00PM Movie	MPR2
4:00PM Card Games	BC
5:30PM Bingo	MPR1
6:30PM Billiards Club	BR

25

8:15AM HB Aerobics	M ML MF SF
6:30PM Mon Night Game 6:30PM Chorale 6:30PM Friendly Poker	

26

9:00AM Maintenance ComMPR1	
9:00AM Toymkrs SewingAR/SR	
9:30AM NeedlecraftSR 9:30AM ScrapbookingMPR2	
10:00AM CeramicsCMR	
12:30PM Pan Card GameBC	
1:00PM MahjongMPR1	
5:00PM Line DancingML	
6:00PM Tom's PokerPR	

27

21	
8:15AM HB Aerobics	M
9:30AM Yoga Chair	M
10:00AM ACC	
12:30PM Water Workout	MF
1:00PM Horseshoes	
2:00PM Movie	
4:00PM Card Games	
5:30PM Tennis/PB	
5:30PM Bingo	MPR1
6:30PM Billiards Club	BR





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<u>ANDMARK</u> LIVING

THURSDAY	FRIDAY	SAT / SUN
9:30AM YogaML 10:30AM Discussion GroupMPR1 11:00PM Body AwarenessML 1:00PM MahjongMPR1 6:00PM Co-Ed PokerPR	1 COFFEE & CONVERSATION 10AM—MAIN LOUNGE 9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2 10:15AM JWIMPR1 12:15PM Duplicate BridgeML 12:30PM Ladies PokerPR 2:00PM Hispanic ClubMPR2	9:30AM Zumba GoldML 11:00AM Stability & BalanceML 2:00PM BridgeML
6:30PM Pan Card GameBC	5:30PM Hand & FootPR	5:30PM BingoMPR1 9 3rd Annual Tea Party
,		2PM—Main Lounge
9:30AM YogaML 10:00AM Art MtgAR 10:30AM Discussion GroupMPR1 11:00AM Body AwarenessML 1:00PM MahjongMPR1	8:15AM HB AerobicsML 9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2 10:15AM JWIMPR1 12:15PM Duplicate BridgeML	2:00PM BridgeML 10
6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	12:30PM Ladies PokerPR 5:30PM Hand & FootPR	5:30PM BingoMPR1
14	15	ST. PATRICK'S CELEBRATION 5pm – MAIN LOUNGE
9:30AM YogaML 10:30AM Discussion GroupMPR1 11:00AM Body AwarenessML 1:00PM MahjongMPR1 2:00PM Art ClassAR 6:00PM Co-Ed PokerAR 6:30PM Pan Card GameBC	8:15AM HB AerobicsML 9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2 12:15PM Duplicate BridgeMPR1 12:30PM Ladies PokerPR 5:30PM Hand & FootPR	9:30AM Zumba GoldMPR1 11:00AM Stability & BalanceMPR1 2:00PM BridgeMPR2 17 5:30PM BingoMPR1
21 LANDMARK TRIO	22	JAZZ NIGHT
4PM—MAIN LOUNGE	8:15AM HB AerobicsML	6PM—Main Lounge 9:30AM Zumba GoldMPR1 11:00AM Stability & BalanceMPR1 2:00PM BridgeMPR2
9:30AM YogaML 10:30AM Discussion GroupMPR1 11:00AM Body AwarenessML 1:00PM MahjongMPR1 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	9:00AM Threads of Love	24 5:30PM BingoMPR1
28	29 CLEAR CHOICE 3:30PM—MPR1	SOUTH OF THE BORDER 5PM—MAIN LOUNGE
	8:15AM HB AerobicsML 9:00AM Threads of LoveSR	9:30AM Zumba GoldMPR1 11:00AM Stability & BalanceMPR1 2:00PM BridgeMPR2
9:30AM YogaML 10:30AM Discussion GroupMPR1 1:00PM MahjongMPR1	10:00AM Bible StudyMPR2 12:15PM Duplicate BridgeML	31 HAPPY EASTER
6:00PM Co-Ed PokerPR	12:30PM Ladies PokerPR	5:30PM BingoMPR1

Management Office Hours

Office Hours: 8:00 am - 4:00 pm Closed for Lunch: Noon – 1 pm

IMPORTANT NUMBERS

Management Office 714-960-5475

Management Emergency After Hours: 714-565-3059 So. Cal Edison: 800-655-4555

Safety or Threatening Emergency: 911 Atlanta Gate......714-960-1452 Library.....714-536-4767 Neighbor Assist......714-960-2277 HBSeniorCenter.....714-536-5600 Seniors Outreach......714-960-2478 Police/Paramedics Emergency......911

BOARD OF DIRECTORS

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Director, Dan Orozco danhlboard@gmail.com

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6:30PM Pan Card Game.....BC

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5:30PM Hand & Foot.....PR



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5:30PM Bingo.....

CONSERVATION CORNER

By Gail Curtis, LL Staff

In my ongoing quest to remove plastics from my world (and microplastics from my body), here are some favorite discoveries:

- My new dental floss is Radius, from Sprouts. It is packaged in cardboard and comes in peppermint, plain, and yummy clove cardamom!
- I found a two-box set of Q-tips (500 each) on Amazon. For the first time ever, there is no stiff plastic outer packaging!
- I no longer purchase bottled water, but instead use refillable metal or glass containers.
- I say "no thank you" to plastic straws and try to bring enough fabric grocery bags. A checker at Sprouts actually thanked me for reusing my produce bags too.
- There are no longer cosmetics in my vanity that contain microplastics (that I am aware of).
- We use refillable glass pumps for liquid soaps. You can bring your soap/lotion/detergent and other containers to "Fill Up Buttercup" at 714 Adams Ave #102 in Huntington Beach, or order ecologically friendly products and refills at https://www.fillupbuttercup.com.

More companies are seeking solutions since we now know that microparticles are abundant in the ocean, the airwaves,

our food chain and in our bodies. The research on plastic pollution is considerable and growing – way more than I can cover here.

I'm realistic enough to know that ridding plastic from

my life entirely is likely unattainable. That said, my quest will continue to reduce what is reasonably possible, to protect our planet and its future inhabitants!

If you have conservation ideas to share, please email me at gailcurtisnow@gmail.com.



National Geographic Photo: A sample of water collected off the coast of Hawaii shows how intertwined microplastics are in the daily lives of marine animals.



Pool/Gate and Mailbox Keys

Pool/Gate and Mailbox Keys are available for purchase at Management.

As of Monday, February 05, 2024 the cost is **\$5.00 per key**

*** Please provide proof of Residency or Ownership at time of purchase - CASH ONLY ***

RESIDENT SPOTLIGHT ON STEVE BOVA

By Patricia Heller, LL Staff

You may have noticed Steve wandering around Landmark looking at trees and plants. He is our resident landscape expert and serves as the Chair of our Landscape Advisory Committee.



Steve is a Southern California native born in Downey. When he was 18, he had a job at K-Mart as an undercover security guard which allowed him to buy a truck. With this truck, he was able to add some mowers, and through word-of-mouth, he was able to start up his own landscaping business and received his Landscape Contractor License in 1988. From there, he progressed to Supervisor of Maintenance for the City of Cerritos.

He married lovely Dawn in 1989 and after a period of time moved to his dream house in Buena Park, which was landscaped, of course, by Steve himself. He created a mini-Arboretum including a rose garden, a desert garden, and a doll garden. Yes, I said a doll garden...like some people have garden gnomes, he had 20-30 dolls of all sizes

including a 3-foot Barbie which acted as a scarecrow in his vegetable garden and an 8-foot doll head totem pole! So, beware, if you see a strange doll in your garden, I have an idea where it came from!



About 10 years ago, Steve

and Dawn moved to Landmark from their dream house, which, unfortunately, had 3 levels and too many stairs! With his landscaping background, Steve became the Chair of our Landscape Advisory Committee. The Committee meets once a month with our contracted landscape company, Harvest, who Steve says is very open to listening to the Committee's ideas. Basically, Steve acts as the liaison between Harvest and Landmark residents keeping an eye on our 3000 trees, abundant plants, and irrigation systems. Although, his involvement in our landscaping keeps Steve busy, he still has time for his REAL retirement job...that is, riding his surf mat down at the beach as often as he can. (Surf mats, although not plentiful, have been around a long time and allow one to lay down on the mat and ride the waves.)

Steve would also like to be known for helping with all his neighbors to initiate Happy Hour every Friday night around 5:30-6 at the "Zen" area in the 700 buildings. This started during Covid, and it is still going strong today. He invites anyone interested to come find it for a bit of wine-drinking any Friday.

So next time you see a man with a ponytail wandering around your neighborhood, don't forget to tell him how lovely our park-like setting is here at Landmark.



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Robert Watkins

Real Estate Specialist C.P.R.E.S. DRE #01800189 626-422-2311 Cip903@yahoo.com







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COMMUNITY NOTES

Guests

- Address Provide the following address for guests and vendors using GPS to go to the Landmark gate: 8641 Atlanta Ave., HB 92646
- Guest parking Guests using the Main Lounge should park in the Guest Parking only and display their guest pass on the car dashboard.
- Guard notification Call the guard gate to advise them of expected visitors. 714-960-1452
- Gate Masters For your Gate Masters account (to access guest lists), go to gatemastersinc.com. For assistance with login or password, contact Meena at 877-648-0602.

Services

- E-Blast notices Stay up to date with Huntington Landmark news by signing up for e-blast email notifications. Call the Management office at 714-960-5475 to sign up.
- Work requests Work requests can be submitted via email to any staff member using the mail address located on the calendar page.
- Gate or Mailbox keys Gate or mailbox keys can be replaced for \$5 cash at the management office.
- Notary Public Free to Landmark residents on the 1st and 3rd Thursday of each month at 6:30pm in the Main Lounge. Call Ronda at 714-969-5326. Appointments must be made in advance.

Safety

- Bike riders Always ride with traffic. For pedestrian safety, do not ride bikes on sidewalks
- Dog owners
 - O Dogs must always be held on a leash no longer than 6ft when outdoors. An in-charge adult handler competent to restrain the dog must be present.
 - Kindly clean up after your pets during walks. Deposit in trash. Pet stations are located throughout the community.
 - Pets are not allowed at the Recreation Facility except for therapy/service dogs. Service animals are defined as dogs that are individually trained to work or perform tasks for people with disabilities.

Resource: U.S. Department of Justice, ADA 2010 Requirements

Activities

- Billiards The billiards room is under video surveillance. No food or drink allowed on pool tables. Damages range up to \$500, which will be passed on to residents with fines.
- Gym As a courtesy to other residents, wipe down all gym equipment immediately after use.

City Services

- Large item pick-up Residents may contact Republic Services for large item trash pick-up. Contact Rhonda at 657-845-6095.
- Cardboard boxes Break down cardboard boxes before placing them in the dumpsters.
- Street sweeping Huntington Landmark street sweeping is performed on the 1st and 3rd Thursday mornings of the month. Please move vehicles off the streets on those days.

MARCH MOVIES



THE HOMESMAN

3/6/2024 (WED) 2PM, MPR2, 2014, R, 2H 2M

Three women who have been driven mad by pioneer life are to be transported across the country by covered wagon by the pious, independent-minded Mary Bee Cuddy, who in turn employs low-life drifter George Briggs to assist her.

Cast: Tommy Lee Jones, Hilary Swank, Grace Gummer



OUR FRIEND

3/13/2024 (WED) 2PM, MPR2, 2019, R, 2H 4M

After receiving life-altering news, a couple finds unexpected support from their best friend, who puts his own life on hold and moves into their family home, bringing an impact much greater and more profound than anyone could have imagined.

Cast: Jason Segal, Isabella Kai, Violet McGraw

3/20/2024 NO MOVIE



JERRY & MARGE GO LARGE

3/27/2024 (WED) 2PM, MPR2, 2022, PG-13, 1H 36M

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

Cast: Bryan Cranston, Annette Benning, Rainn Wilson

UPCOMING EVENTS

TEA WITH FRIENDS

SATURDAY, 3/9/24, 2PM, MAIN LOUNGE

Tickets: SOLD OUT

ST. PATRICK'S CELEBRATION BLAST

SATURDAY, 3/16/24, 5:30PM, MAIN LOUNGE

Tickets: \$35 per person

JAZZ NIGHT

SATURDAY, 3/23/24, 7PM, MAIN LOUNGE

Tickets: \$20 per person

Tickets on sale

Saturday, March 2nd at 9AM in MPR2 & Saturday, March 9th at 9AM in MPR2

SOUTH OF THE BORDER FIESTA

SATURDAY, 3/30/24, 5PM, MAIN LOUNGE

Tickets: \$32 per person

Tickets on sale:

Saturday, March 16th at 8AM in MPR1

DISCO PARTY

SATURDAY, 4/6/24, 7PM, MAIN LOUNGE

Tickets: \$30 per person

Tickets on sale

- Saturday, March 23rd at 9AM in MPR2
- Saturday, March 30th at 10AM in MPR2

TEA & FASHIONS

THURSDAY, 4/18/24, 1PM, MAIN LOUNGE

Tickets: \$35 per person

Tickets on sale:

- Saturday, March 30th at 9AM in MPR2
- Saturday, April 6th at 10AM in the Library

MARCH 2024 <u>1</u>

Huntington Landmark

Friendly Reminders from Management

• The AFTER-HOURS property related emergency phone number is: **(714) 565-3059** Please correct your copy of the new Huntington Landmark directory to reflect the new number. You may also contact the Guard House at: **(714) 960-1452**

The guard is available 24 hours/day and 7 days/week. During a power outage, please call Edison at: **1-800-655-4555**

For water heater gas shut off issues, please call the Gas Company at: 1-800-427-2200

Management



SOLUTION FOR FEBRUARY CROSSWORD

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Meal & Nutrition

Transportation

Personal Care

Respite Care

Hospice Support

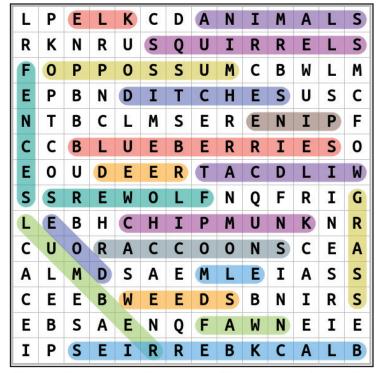
Post Hospitalizat

Alzheimer's/Dementia

Post Hospitalization
 & Rehab Care

Each Home Instead Senior Care franchise office is independently owned and operated.

WORD SEARCH SOLUTION











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WHAT IS MEDICARE'S FREE HOSPICE SERVICES?

By Katie Corbett, Feature Editor

Most seniors avoid thinking about end-of-life decisions, considering them at the least difficult and scary. Regardless of your age and health conditions, it's time to learn what Hospice Care is all about.

Upon a doctor's diagnosis of less than six months to live, the free Medicare Hospice Benefit provides services that help make the patient as comfortable as possible under palliative care. This care will occur wherever the patient lives: in his or her home, in a nursing home, assisted living community, or hospital.

These services cover prescription drugs and over-the-counter medication, medical equipment, supplies related to the patient's terminal illness, and lab and diagnostic tests needed for palliative care. Special hospice staff assigned to the patient consists of a doctor to manage pain and symptoms, a nurse to supervise the care plan, aides for personal assistance, a social worker to address emotional and social various issues, and a chaplain to provide pastoral care.

Since there are dozens of Hospice Providers licensed in Orange County, seniors are entitled to choose any organization for their care. When comparing the available companies, it is well to know that the providers are reimbursed in the same way by the Medicare Hospice Benefit. Since they do not compare cost, it is the quality of service that makes one Hospice Provider stand out from another. Do your research now!

HEALTH & FITNESS

A DEEP DIVE INTO BODY AWARENESS

Thursdays from 11-12, Main Lounge

Using meditation (to focus on the present), body awareness exercises (to focus on sensations), slow movement and stretches, and breath work, we will learn how to have a sharper focus on the body, how to feel and then release pain and tension, and how to live more fully in the present to feel more alive.

If you have any questions or to let me know you plan to attend, contact Fred Schloessinger at: fredleosch@gmail. com or 714-655-9316

AQUA AEROBICS

Come join us; tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training and may incorporate resistance tools such as buoyant water weights and noodles. Classes are ongoing month to month. Mondays and Wednesdays 12:30 – 1:30 PM at the Main Pool. No swimming experience necessary. Men and women welcome! Instructor: Michele 714-376-1382. Mon & Wed 12:30-1:30pm, MP, \$8/class, cash only.

HB AEROBICS

Come experience a cardio class designed with seniors in mind, fun music and easy-to-follow low-impact routines, led by Jimmy with over 20 years experience here at Landmark.

Instructor: Jimmy M,W&F - 8:15 to 9:15AM, ML

CHAIR YOGA

Yoga offers many benefits, from reduced stress to improved strength and flexibility, but it can also be intimidating to some people, feeling they might not be able to move easily to a standing position from the floor. Try chair yoga, a gentle style of yoga you can do from a seated position that also incorporates the breathing and mind-body benefits of a traditional class. (Light hand-weights and dyna-bands are suggested.)

Instructor: Kathy. Wed - 9:30 -10:30 AM, ML/MPR1, \$5 per class

STABILITY & BALANCE

As we age, our vision worsens and so does our confidence in our ability to maneuver without a fall. This class, Stability and Balance not only will strengthen your bones and your balance, but these exercises are designed to work with the brain as well. The class is 45 minutes, and it is necessary to be able to hold a standing position to get the most benefit. Chairs are provided as support.

Exercises are done to music, but they are not dance steps. Come and try it out – you will love it! The demo class is free. For more information, contact Adrianne at (562) 397-1519.

Saturdays from 11-11:45AM, Main Lounge, \$5 per class

YOGA FOR LIFE

Gentle classes are great for everyone! Instructor Kathy with 20 years experience leads classes. This is the perfect introduction to yoga. Included are foundational poses, with emphasis on breathing, and some yoga philosophy. The goal is to move from the busy, fast pace of our lives into a practice that is slow paced, mindful, and conscious, and receive the abundant benefits of yoga. All levels are welcome. Instructor: Kathy, Thurs 9:30AM, ML, \$5 per class.

ZUMBA GOLD

There is no wrong way to do ZUMBA. If you are sweating and smiling you nailed it!

While ZUMBA will aid in toning and weight loss- that is a side benefit- the main benefit of dance exercise is what it does to your brain, your bones and your muscles and you have fun while doing it.

Your heart is a muscle - dance exercise promotes muscle strength. Dance exercise promotes bone growth. Studies show that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia.

Instructor: Adrianne 562-397-1519. **Saturday 9:30 – 10:30AM, ML, \$5 per class.**

MUSIC

CHORALE

The annual holiday performance by the Huntington Landmark Chorale was a great success with a sell-out crowd. If you enjoyed singing along during the concert, come join us! We practice on Mondays at 6:30 pm in MPR 1. Call Mike McCool at (858) 449-8094.

PRAISE & POTLUCK FELLOWSHIP

We're starting back up Friday, March 1st! You're invited to join us the first Friday of every month for great fellowship, music and food. We meet in MPR1 at 5pm. Bring your voice, instrument of choice (optional) and a dish to share. Join us in making a joyful noise unto the Lord! Call Annabel DeMuth for details 949-923-7224.

SUNDAY AFTERNOON JAM

Please come and enjoy the music of out Landmark Jam Group every Sunday from 1PM to 2:30PM either on the lawn to the right side of the clubhouse, or in the Main Lounge when there is poor weather. We are comprised of singers, guitarists, ukuleles, a mandolin, bass, violin, and our keyboard player. Come listen, dance, and sing along with us as we play tunes that range from the Big Band era to today's music and everything in between. Guaranteed fun for all!

SPORTS

BILLIARDS CLUB

The Billiard Club is growing every month. We would like to welcome you to our Club if you are new to Landmark or have never checked out our weekly shoot-arounds. We meet every Wednesday from 6:30 – 9 PM. We have instructors to get you started or to give you tips from 6:30 – 7:30 PM.

Our first tournament of 2024 was held February 17! It was an exciting tournament with many participants going for the win and their picture up

in the Billiard Room! The winners of this 9-ball tournament were: Annabel DeMuth for the beginner level, Mike Barnas for the intermediates and Guy Latham for the advanced level. Guy had shot a "money ball" for his win. That means he pocketed the 9-ball on the break!! Congratulations to all the winners and a big thanks to all who participated.

For more information, contact our President, Nelson Robinson, at 714-615-1942 or see our website: hlbilliardsclub.weebly.com.

BOCCE BALL

Our weather is improving, and we hope you'll enjoy our Bocce Ball Court. The equipment is located in the cabinet by the shuffleboard court. Stop by the court to play a game or just watch and socialize with your neighbors.

Any questions contact Amar in the Management Office. Looking forward to lots of fun at the Bocce Ball court!

BOWLING

Hello Bowlers! We don't care if you're good or bad at bowling, we just want you to come and enjoy yourselves! So, join the fun at Fountain Bowl, located at 17110 Brookhurst St near Warner, 2 blocks north of I-405, in Fountain Valley. Ask for John when checking in or call John at 310-880-4250. Hope to see you there on **Wednesdays at 11:30AM at Fountain Bowl.**

GOLF CLUB

Enjoy Golf?? The HL Golf Club plays a rotation of five courses on the 3rd Wednesday of each month. With three non-golf social events during the year, it's a great way to include non-golfing spouses and guests.

Tournaments are "best ball" where golfers of all skill levels can contribute to the team. Course Contest prizes are awarded as golfers finish their round and most golfers choose to stay and enjoy some social time at the 19th hole.

Our next tournament is at Oso Creek Golf Course in Mission Viejo on Wednesday, March 20th. Please consider joining us, there is no membership commitment for your first tournament, if you decide to join us, membership is only \$15 per year.

Need more information? Visit our website at HLGolf.weebly.com or contact Rick Letterman, Tournament Chairperson at (714) 322-2184 or e-mail to GolfClubAtHL@gmail.com..

HORSESHOES

Come on down to the Horseshoe Pits, next to the shuffleboard courts. Everyone is welcome. We meet every Wednesday from 1PM -2:30PM. We would love to see new faces and make new friends. Any questions? Call **John at 760-534-8023.**

TABLE TENNIS

Ping Pong players wanted. For more information, **contact Esteban Ezcurra 714-512-5433.**

TENNIS & PICKLEBALL

Have you heard about the phenomenon with the strange name sweeping the country? It's Pickleball!! It is currently the most rapidly growing sport in the country. You can be part of it. Beginners can learn to play on Saturday mornings from 9AM until 10AM with our very own "pros", Tom Whitley, Gary Gorup, and Dan Orozco. Take the lesson and then stay to play with others and put your new skills into practice. Pickleball is also played on Monday, Wednesday, and Friday morning at 9:30AM and weekday afternoons about 4PM. Everyone is welcome. Contact Tom Whitley at (714) 362-4760 or Phil Donohue at (856) 404-8409.

We have a new tennis liaison: contact Alice Callens at (714) 287-6524 to find out about Landmark tennis. Mixers are usually the 2nd Saturday of the month. Goodies and drinks are served and there are always lots of fun games. Also, consider joining the Tennis & Pickleball Club. Our group is very welcoming, and we consider it to be a big family. Come be a part of it!

GAMES

BIG BUCKS BINGO

Come join the fun and meet new friends or visit with old ones as your mind is stimulated by following the numbers to create interesting BINGO patterns. There are 10 rounds for a one-time cost of \$1.00 per card with no limit and a BONUS round at \$1.00 per card maximum with a maximum of 2 cards; winner takes the full pot. Of course, the more players, the bigger the pot, which on Sunday, June 5th reached a record high of \$54.

Come join in the fun every Sunday and Wednesday at 5:30PM in MPR1. For further information, call Jean Schwennesen at 714-600-2155.

CO-ED POKER

We're looking for poker players. We've been playing for many years and would like to invite new players to a great game. We play Thursdays from 6:00 to 9:00PM in the Game Room. For more information **contact Mary 714-369-2458.**

DUPLICATE BRIDGE

You are invited to join our Friendly Bridge Club on Fridays at 12PM in the Main Lounge or an MPR room when needed.

The weekly cost is \$2 for materials and payouts. Weekly winners are awarded cash prizes in lieu of master points. Meeting rooms are published monthly on the Landmark Living calendar.

For more information, check out our website: www.landmarkbridgehb. com for reservations and winners from previous weeks. We are back and growing since Covid-19 interrupted meetings. Please join us for a stimulating afternoon of cards with our pleasant group. Contact Alene Reed (President) at 714-654-9741 or Claire Chris (Reservations) at 714-536-9220.

FRIENDLY LADIES TEXAS HOLD'EM POKER

Our group would like to invite all ladies to play at the Beacon Cabana (when available.) This is one of the easiest card games to learn. For day and time, call Harriet 714-960-2770.

HAND & FOOT

Join us for an enjoyable afternoon playing a card game called Hand and Foot. If you have not played it, we will show you how! Come to the Main Lounge any Monday at 12:15PM. For more information, please call Nancy at 714-815-3299.

MAH JONGG

Mah Jongg is a Chinese game created in the 19th century using a set of 144 tiles (similar to dominos) based on Chinese characters and symbols. I will be giving lessons on how to play Chinese Mahjongg sometime during the first two weeks of March. After the short lesson we will play several practice games that will give you an understanding of the rules and strategies of the game. It is similar to the card game rummy but is played with tiles instead of cards. Hope you will join us. **Please contact Deborah at 202 344-7716. (Text or call).**

MONDAY NIGHT GAME CLUB

The club meets in the Beacon Pool Cabana at 6:30PM. Come by Monday night and join us! We play a variety of games such as Five Crowns, Play Nine, Dominoes, Left-Right-Center, and more. Some low-level betting occurs to make it a bit more fun and interesting. Each week, the attendees decide which game will be played at their table. Also, we ask participants to alternate providing snacks for the club.

For more info, contact Beth at (916) 342-7101.

LADIES FRIENDLY POKER

Ladies Poker Players meet on Fridays at 12:30-3:00pm in the Game Room. For more information, **contact Mary** 714-369-2458.

PAN CARD GAME

Pan has everything the card player looks for. It's fast action with a combination of skill and luck. It is played with eight decks of cards with no 8s, 9s, and 10s, and it is played with three to eight players. Lessons can be arranged. Call Diane at 714-907-3012. Men and women are invited.

Tuesdays at 12:30PM at the Beacon Cabana

Thursdays at 6:30PM at the Beacon Cabana

CLUBS & GROUPS

ART CLUB

Whether you are picking up a brush or pen for the first time or rediscovering your talents, there is a place for you at the HL Art Club. This is your Art Club, and you can become a member with your suggestions for new activities. We would love to have new members no matter what their passion is in crafting. We are all artists in our own right. For more information, please contact Armine Aghajani via email armine11@gmail.com

March 14th, 2024 10:00 am
April 11th, 2024 10:00 am, Paint Night
May 9th, 2024 10:00 am
June13th, 2024 10:00 am
July 11th, 2024 10:00 am
August 8th, 2024 10:00 am
September 12th, 2024 10:00 am
Gallery Night will be September 27,
2024 Art Club - ML
October 10th, 2024 10:00 am, Paint

October 10th, 2024 10:00 am, Pain Night

November 8th, 2024 10:00 am December 12th, 2024 10:00 am

BIBLE STUDY

Join us every **Friday morning at 10AM in MPR2** for a walk through the Bible, led by our enthusiastic leader, Larry Helm. Everyone is welcome.

BOOK GROUP

Do you enjoy fiction or non-fiction? Come to Book Club and share with other members. Call Laurie Yeomans at 818-281-9292 or Katie Corbett at 661-547-3624. We meet at 2pm in the Poker Room on the second Tuesday of each month.

CABARET CROWD

The Cabaret Crowd hosts five funfilled theme-inspired dinner dances throughout the year. We invite everyone to join us, couples and singles alike. More details to come in future Landmark Living Newsletters and E-blasts.

FUTURE EVENTS

South of the Border Fiesta

Saturday, March 30, 2024

Tacky Tourist Party

Saturday, May 18, 2024

Annual Luau on the Main Pool Deck Saturday, June 22, 2024

Halloween Party

Saturday, October 26, 2024

CERAMICS CLUB

The Ceramics Club welcomes anyone interested in learning about this exciting hobby. Just drop by the Ceramics Room any Tuesday at 10 a.m. to see what is happening. Members can choose to pour any mold from the club's 600 molds for greenware. Three-ring binders contain a cross-index of the molds categories including pots, dinnerware, holidays, animals, angels, people, etc. Also, members enjoy learning about new techniques and glazes to use for their creations from their expert instructor who comes two Tuesdays monthly. For more information call President Janet Newton at 714-224-9923. Ceramics, Tuesday - 10 AM to noon, CMR. Monthly Meeting, 1st Tuesday, 10 AM. CMR.

DISCUSSION GROUP

The day has changed. We are now meeting every **Thursday morning from 10:30AM** – **noon in MPR1.** This is a welcoming space to reminisce about the good old days, share a favorite book, movie, or restaurant, and discuss current events. Join us for lots of learning, laughing, and lively discussion! For questions, contact Lee and Anne Gillespie at agillespie378@gmail.com or at 714-465-8825

EMERGENCY PREP SERVICE GROUP

The EPG was formed to help us all be prepared in case of disaster—earthquake, fire, flood etc. The group meets once a month on the third Monday of every month at 1pm in MPR1 to discuss our agenda and educate residents about these emergencies. All are invited. One aspect of this group is the Building Stewards program. Volunteers keep their neighbors informed of safety issues and how to be prepared.

Our next meeting is March 18, in MPR1 at 1 pm. Contact EPG chairman Paul Kanter (310-991-8519) if you have questions.

EVENTS CLUB

The Events Club provides its members with the opportunity to contribute to the quality of life and enjoyment of residents of Huntington Landmark, by organizing and coordinating social events for the benefit of residents and their guests. We depend on our members to volunteer their time and talents to plan and carry out an average of two events each month. As the Club plans for all of our wonderful events in 2024, we would like to introduce you to our March, April and May Events schedule.

- 3rd Annual Tea Party Main Lounge – Saturday March 9, 2024
- Newcomers Event Main Lounge
 Thursday, April 4, 2024
- Disco Party Main Lounge Saturday April 6, 2024
- Bunco Night Main Lounge Thursday April 25, 2024
- Shredding Event Management Parking Lot – Saturday, April 27, 2024
- Cinco de Mayo Party Main Lounge – Saturday May 4, 2024

Look for details about each of these events on the cover of the Landmark Living Newsletter and on fliers posted throughout the community.

New members are welcome to attend our monthly meetings that are held on the first Monday of the month at 9:30 am in MPR1.

For more information contact President Patricia Vidal, 714-334-1773, email patriciavidal@vidalgroupoc.com or Vice President Karen Kraushaar, 949-394-5826, email pickleballkaren@icloud.com.

GRANDPARENTS&FRIENDS

The St. Patrick's Celebration Blast is just around the corner, and again we go all out to celebrate the Irish! A delectable Irish dinner (Corned beef, cabbage, potatoes and all the fixings) will be provided by Suzanne's catering. Photo booth to capture the fun, plus a floor show of authentic Irish dancers kicking up their heels. It will be a grand event with generously donated gift cards for our Pots of Gold raffle, and a cash 50/50 opportunity drawing. Enjoy the music of DJ Armando as you dance the evening away.

We invite you to our general meeting, held on the third Tuesday of each month at 6PM in MPR2. Annual dues of \$10 will be accepted at our March 19th meeting or can be mailed directly to our treasurer, Martha Blandino, 8877 Lauderdale Ct. #209G. Please make checks out to Grandparents Club.

A recent survey shows that many members have grandchildren outside the local area, so only a few of our activities include grandchildren. Members enjoy a variety of activities and unique opportunities – you don't have to be a grandparent to join us, we love having FRIENDS in our club!

For more club information, contact Beth Gerbutavicius at bethgerbs@yahoo.com or call 916-342-7101. To view pictures from past events and learn more about the club, check out our website at: hlgrandparentsclub. weebly.com.

JEWISH WOMEN INTERNATIONAL (JWI) SIMCHA CHAPTER

Everyone is invited to our next meeting which will be held on Friday, March 8 at 11AM in MPR1. Our speaker will be Landmark resident Herb Hite, speaking about Longevity Sticks. You may have seen Herb at Coral Springs Court teaching a group of enthusiastic residents how to exercise with very long poles. Herb will be demonstrating these techniques and telling us their history and health benefits.

A delicious lunch will be served. Make your reservation by sending your check, payable to JWI, to Beth Bloom, at 8885 Modoc Cir #1206C, Huntington Beach, CA 92646. The cost is \$12 for members and \$15 for visitors. Hope to see you there. Call or text Claire Schecter at 714-308-0699 with any questions.

KNITWITS

If you'd like to knit or crochet with a group of other yarn enthusiasts, please join us on **Thursday mornings at 10AM on the Main Pool Deck.** Bring your own project or just visit and be inspired to start something new. This is a change of day. We previously met on Tuesdays.

HISPANIC CULTURAL GROUP

We are a group of Spanish speakers at Landmark. We get together the first Friday of the month for Spanish conversation and friendship. We have members from almost all the Spanish speaking countries. There are no dues or membership fees. Please note that our meeting room has been changed. First Friday of the month at 2PM in MPR 2. For more information call Betty at 661-406-5191 or Blanca 714-969-3063.

Somos un grupo de Hispanohablantes residentes de Landmark. Nos reunimos el primer viernes de cada mes para conversar en español y amistad. Es gratis no hay ningun cargo para ser miembro. Tenemos miembros de casi todos los paises de habla hispana. Hemos cambiado de salon. Primer viernes de cada mes a las 2 de la tarde en el MPR2. Para más información llamar a Betty 661-406-5191 o a Blanca 714-969-3063.

LINE DANCING CLUB

You are invited to join us for fun afternoons of Line Dancing with friends and new acquaintances every Wednesday from 4pm to 5pm in the Main Lounge. We do some beginner dances and also, some more advanced. There is no instruction and no charge for this event, but donations are kindly accepted.

The Line Dance Club will again be hosting a professional line dance teacher, Miss Vickie, who will be **teaching a beginners six-week class from March 5** – **April 6.** This class will be on Tuesdays from 4pm – 5pm in the Main Lounge. The cost is \$30 for the series, and you can register at the regular Wednesday club dance, or on March 5 at 3:30 P.M. in the Main Lounge. Please make checks payable to "Vickie Jackson."

This is a rare opportunity to learn line dances without having to leave Landmark! We hope that you will join us! Questions? Contact Ronda at (949) 280-5548. Keep on dancing!

NEEDLECRAFT

We are currently making afghans for charity by knitting and crocheting 7" by 9" rectangles. We also make scarves for the military whenever needed. So, if you like to do this kind of work or would like to learn how, we can teach you. We provide yarn and other materials. Come join us, we love to have new members. You may also work at home if you prefer. When we are able to meet again, we will meet on Tuesday mornings, 9:30 to 11:00 in the Sewing room. For more information you can contact **Kay Winter at winter11955@gmail.com or** (562) 343-8428.

SURF CITY QUILTERS

We Quilters share our enjoyment of working with fabric, choosing fabric, patterns, and thread. Then on to cutting (measure twice, cut once), piecing, and quilting. Surf City Quilters meets in the Sewing Room on Monday from 1PM to 4PM. Anyone interested in quilting or fabric, thread/yarn, or robe art is welcome to join us. Please, come by and meet the

Surf City Quilters. We are all skill levels. Did you know Huntington Landmark has a sewing machine for use? The key for the HL sewing machine can be checked out from the Management Office. Stop by and learn more about us. For more information, contact Alice Roberts at 714-381-8775 or almroberts@yahoo.com.

THREADS OF LOVE

Threads of Love will be taking a break in the month of August. We will resume in September, every Friday from 9AM to 11AM in the Sewing Room.

TOYMAKERS

The Toymaker's thank you for recycling! Please be aware that now, in addition to the usual plastic bottles and aluminum cans, we can also take plastic gallon water jugs, iced tea bottles, glass wine bottles and all manner of other plastics and glass bottles. Just as before, we will separate all contributed materials and take it to the recycle station so the proceeds can be used to buy muchneeded wood, sandpaper, paint, glue, tools, and everything else the Toymaker's use to craft toys for the underprivileged children in our area. Please drop off your recyclable items at the bins behind the wood shop and we will take it from there!

VETERANS GROUP

Are you a Veteran? We have a group of men and women veterans that meet on the third Thursday of the month at 11AM in the Art Room. Come join us for camaraderie and discussion.

Our next meeting will be on August 17th at 11AM in the Art Room. Please contact Roy Piazza, at 949-521-4069 or roypiazzasanta@gmail.com. Back up is Barry Boone at 714-926-7315, or boonedadb@aol.com.

WOODSHOP

Interested in woodworking? Come by and see what we're doing in the Woodshop. Contact: Tom Humphrey 714.240.4703.

LANDMARK LIVING CLASSIFIED ADVERTISEMENTS

Do you have items you'd like to sell? Try listing them in Landmark Living Classified Ads page and reach a potential 2,000 plus residents. Want to sell that dining room set, the lamp you no longer use, or that TV? Place an ad and sell it. Looking for a good car for your grandchild? You can also place a "Wanted" ad. Have the Seller contact you.

Here's how you do it: Contact Joe Morris at joe@benfranklinpresshb.com or call (714) 842-6733 for advertising information. Thank you.

(Huntington Landmark does not endorse any business or services, nor does it guarantee any items for sale. Please do your due diligence and seek advice from a professional if you are in doubt.)

WANTED	FOR SALE	WANTED
Auto Buyer I need vehicles!!!(any year) I will come to you (Landmark resident) Licensed, fair, honest		
Chris 714-474-5800		

Landmark Living is published and printed by Ben Franklin Press. In order to get your articles (including club/group news) and advertising in, please adhere to the deadlines, otherwise they cannot guarantee your submission will be placed. All articles must be submitted to: landmarklivingnewsletter@gmail.com by the 5th of every month. Club news submissions must be 150 words or less to be accepted. All advertising should be submitted to: joe@benfranklinpresshb.com by the 10th of every month prior to publication. Newsletter Staff, Board of Directors and Management reserve the right to edit, correct or alter material. Please contact Joe Morris at Ben Franklin Press – joe@benfranklinpresshb.com, or call 714-842-6733 for more information.

Thank you.

SPEEDING AND STOP SIGNS AT HUNTINGTON LANDMARK

By Marie Sandidge for Property Protection Committee

Some homeowners think that because they live in a gated community with private roads, they have the freedom to go as fast as they want to. That is not TRUE! We don't want anyone to be struck. "Please Obey the Speed Limits." Speeding, though, is a real problem even in private developments and can cause accidents, harm, or damage. For this reason, many HOA boards seek ways to discourage speeding inside the community. One way to do so is to impose a fine. Associations have the authority to fine homeowners for speeding on private roads. Of course, the HOA must see to it that the speed limit is known to all members of the community. This is where posting speed limit signs helps.

In the governing documents, and rules, Huntington Landmark Community streets are private. If people are speeding throughout the community and rolling through stop signs, this poses a threat to the people in the community. This could certainly be considered a safety issue which calls for an immediate hearing before the Board.

The association can then go through its normal violation policy with the residents. Many of these policies can eventually lead to fines. The financial consequences may be enough to sway the drivers into slowing down. An owner may be fined for each occurrence by their tenant, guest, and contractors, who violate these rules.

Huntington Landmark Rules & Regulations: (32.0 – 32.15)

VEHICLES 32.1 The speed limit in parking lots and garages area is five (5) MPH and the speed limit on community is twenty-five (25) MPH. 32.3 Drivers must observe all speed limits, posted stop signs, pedestrian crossings, etc., and shall travel at a speed that acknowledges pedestrian safety.

The Property Protection Advisory Committee meeting is: The 2nd Tuesday of each month at 10:30AM in MPR 1: all residents are welcome, bring your questions or ideas to the committee.

The Landmark Living Newsletter is a monthly publication for the Huntington Landmark homeowners. We make every effort to print complete and accurate information. The staff, volunteers of Landmark Living can't and do not guarantee the correctness of the information submitted for publication to them. Therefore Landmark Living staff, volunteers, Seabreeze Management assumes no responsibility for the same, nor for errors, omissions or unintentional inclusions. Inclusions of advertisements does not carry with it any endorsement, actual or implied, for the product or services advertised. The Landmark Living staff, volunteers, Seabreeze Management and Huntington Landmark Senior Adult Community Association accept no responsibility for damage through the use or products or services advertised in Landmark Living.

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Without our volunteers, Landmark Living just wouldn't be the same.

Thank you!

Reach us at: landmarklivingnewsletter@gmail.com

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DELIVERY VOLUNTEERS

Expect delivery of the newsletter from the 1st through the 3rd of each month. If you'd like to help with deliveries, please contact Sharon Syncheff for more details at 818-620-8854.

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In Times of Need

As full time Chaplains, Bob and Jane Keller are neighbors and full time residents of Huntington Landmark. We would like, at no charge, to offer our services. We have been serving in this capacity for almost 15 years. We understand that in times of distress, having someone near can be a tremendous encouragement and comfort.

We are on call 24/7 for: assisting families when waiting for the mortuary or coroner, assisting families in their time of grieving over the death of a loved one, and officiating funerals. All conversations are held in strict confidentiality.

We can be contacted by calling 714.865.9177, or through email rejakeller@gmail.com. If you need more information on our qualifications please go to our website www.inpursuitca.com.

Sincerely, Chaplains Bob and Jane Keller

IN LOVING MEMORY OF THOSE WHO ARE forever PRESENT IN OUR HEARTS.

Bruce Hagedon

Family members, if you'd like your loved one mentioned, please let us know.

Thank you.

Amar (714) 960-5475

GET READY FOR THE PINK!

By Laurie Erickson for Landscape Advisory Committee

A wonderfully successful shrub in our park-like community is officially known as Rhaphiolepis indica, but we like to call these shrubs 'Pink Lady.' This popular shrub can reach 5-6 feet tall and as wide, and works in both full sun or light shade. Plus, it is Drought tolerant. We like it because it is a fastgrowing shrub with fragrant dark pink flowers that bloom over a long period. Rhaps come in many varieties to fit the unique spaces of common area in and around our buildings.

Pink Ladies can be found in front of many units along Oakridge and Wellspring as well as surrounding our Chinese Elm trees in the Management and MRA parking lots. Landmark is going to come into a Full Bloom of Pink SOON, so be sure to check it out!

Note: Spring is a time of seasonal allergies, and our Landscape is getting ready to SPRING to life. To enjoy your time outdoors and walking around, be mindful of the excess pollen in the air this time of year and respond accordingly.

MARCH 2024 27







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