

## Primrose Restaurant offers Primrose Market



In response to so many Leisure World residents' needs, the Primrose Restaurant, just outside the Saint Andrews Gate in the Seal Beach Village strip shopping center, next to the Roger Dunn Golf shop, is offering a broad array of produce and other "convenience" shopping items including Toilet Paper!

Yes you can purchase onions, potatoes, peppers, carrots, beans, lemons, oranges, melons, lettuces, asparagus, milk, water, eggs, and breads. You can also, of course, order meals to go off their menu. This is much quicker than going across the 405.

They will be offering produce every day of the week. Please support their efforts to make your life a little easier during this trying time.



The produce is fresh and plentiful, and if you ask, you can even get toilet paper at the Primrose Market.

## Mutual One

Issue Number 8 April 2020

# Matters

An occasional newsletter for Shareholders of Mutual 1 in Leisure World, Seal Beach, CA



Practicing social distancing and still getting the benefit of a good walk are Carl McNaney with her pup and Diane Ronner.

## Take a Walk...it'll do you good!

With all our amenities shut down following the Governor's orders, we have to seek other ways to keep our body and minds fit...Take a walk! Walking is good for the body and the soul. Dozens of researchers have examined the many ways in which walking can benefit your health.

The experts at [mindful.org](http://mindful.org) suggest a 10-minute walking meditation: As you begin your walk, hold your arms in a comfortable position. Pay attention to the rise and fall of your feet; notice how your legs stride. If your attention wanders, shift it back to **your bodily sensations**—this first step is all about you.

After a few minutes, **turn your attention to the sounds** around you. Do you hear birds chirping, an airplane overhead, the chatter of a squirrel, or the pounding of a hammer? Take in every sound, both pleasant and unpleasant.

Now shift your **awareness to smell**. Perhaps you get a whiff of earthy mulch, the gentle scent of fresh-cut grass, wonderful array of flowers blooming, something baking. Breathe it all in.

**Move on to vision**. Take in the colors, objects, and scenery around you. You might notice your neighbor's new flower bed, the blush of green emerging on a tree that was dormant all winter, or the colors of the cars passing by.

In the last few minutes, **bring your awareness back** from your surroundings **to your body**.

— Continued on page 3 – Reasons to Walk



Walter and Ethel Freitas of 1 L, enjoy the company of their friend, Ellen Kop and her daughter Beverly Naglestad from Mutual 12.



Carole Sims and Lorraine Petricone absorb a good dose of Vitamin D as they enjoy each other's conversation in the morning sun.

## Demonstrating the art of Social Distancing



Folks wait a "parking space" away from each other as they form lines for the various food trucks that are now servicing Leisure World. Each evening a different vendor is on site. Sign up for *Leisure World Live* to get an e-mail notice with menus and pricing.

### Good eats available on -site

The GRF Recreation Department has responded to the changing needs of our community. They have reached out to various food vendors to provide a wide variety of food offering so folks do not have to go off site. All of these vendor will set up their trucks in the Club House 6 parking lot, across from the Administration Building. Please respect the Social Distancing guidelines and distance yourself a "parking space" away from others.

- Koffel's Taco Tuesday truck will be on-site three days a week, 5 to 7 PM, Sunday, Tuesday, and Friday
- Viking Specialty Hot Dog truck tentatively is scheduled for Mondays (substitute possible). They sold out last week...so come early.
- Gourmet Renee will provide American cuisine on Wednesday nights, 4 PM, card or cash.
- Domino's Pizza is here on Thursdays and also delivers, starting at 3:30 PM.



Shareholder, Betty Scharf and her son take a stroll around the campus of Mutual 1. Betty says she uses the walker outside for balance, but when she goes shopping she grabs her cane.

- Lucille's Smokehouse BBQ will have their truck here 4/4, and 4/11 from 4 to 6 PM. They sold out their first night too!

— Continued from page one

## Reasons to walk—the Science...

### 1 Walking is an energy booster

One study found that adults who walked for 30 minutes, five times a week, had more energy to get through the day, felt healthier, and were more confident than people who walked less frequently.

### 2 It curbs sugar cravings

If you have a sweet tooth, lace up your sneakers. Research suggests that walking can curb cravings for sugary snacks, likely due to the endorphins (feel-good chemicals) physical activity releases.

### 3 You'll sleep better

One study found that people who took morning walks fell asleep faster and slept more soundly.

### 4 It can keep you from getting a cold

Among 1,002 study participants, just 20 minutes (or more) of aerobic exercise at least five days a week resulted in 43% fewer days spent sick than for those who exercised only once a week or less. And the walkers who did get ill were sick for less time and had milder symptoms.

## Pump Up Your Walk!

Start wherever you are. When you're ready, these easy tips from Brian Zehetner, director of health and fitness at Planet Fitness, can help you torch calories and tone up.

### Try a tempo walk

“Do a light warm-up, then walk at a pace that is comfortably hard (conversation should be difficult) for about 20 minutes or as long as you can. Drop back to an easy pace for a cool down,” he says.

### Pop in your headphones

Whether you prefer music, podcasts, or audiobooks, all can help you walk longer. “Distractions like

music can help you forget about the stress your body is under, and quite a bit of research shows that it can improve your performance during exercise,” says Zehetner.

### Make the most of your route

Plan out a walk that includes “tools” like lampposts, fire hydrants, and even traffic lights. you can use these regularly occurring features to do intervals (warm up, then alternate between speed walking and a slower pace each time you pass one).

### Ready to get walking?

If you want to lace up your shoes to change your life, sign up for the *Prevention* Virtual 5K Walk scheduled for May 2. You can do the walk wherever you'd like, by yourself or with someone. Dogs are welcome! It's free to sign up, but for \$35, you'll get a T-shirt, a bib number, and an “I Did the *Prevention* Virtual Walk” sign.

### How to get ready:

By signing up, you get access to the *Virtual Walk* newsletter, which is how you'll access a training plan, it includes walking days, low-impact strength training days, and some flexibility/mobility work. It gives you structure, with options depending on your personal fitness level.

The goal will be to get moving and feel good! It also includes tips on staying healthy, losing weight, and making the most of every step.

### On May 2:

Get out there and walk! Fill out your “I Did the *Prevention* Virtual Walk” sign with something personal to you: where you walked, your time, whom you walked with, how you feel, or anything else you're inspired to share! Post those pics on Instagram (**tag @preventionmag**

and use #virtualwalk), or email them to: [virtualwalk@hearst.com](mailto:virtualwalk@hearst.com). Plus, if you e-mail that you completed the event and share your time, Hearst Publishing will include you on their official finishers list!

### *Prevention*/Fitbit Virtual Walk contest:

Tell them in 250 words or less, why you walk. This spring's prize is a Fitbit Versa 2 SE (a \$229.95 value). It comes with three free months of Fitbit Premium, which offers guidance and coaching based on your data. Find out more and enter at: [prevention.com/walk-contest](http://prevention.com/walk-contest).

[info from *Prevention* website]



Recovering from a stroke, Wanda James walks daily with destination goals.

## 3,500

You've heard that 10,000 steps a day is the magic number, but even logging just 3,500 steps can lower your risk of diabetes by 29%

## 30-60 Minutes

Walking this long most days of the week drastically lowers your risk of heart disease.

## 3X

Walking for about 40 minutes three times a week increases the size of brain regions associated with memory and planning.

## 2 Hours

Walking for this long throughout the week can reduce your risk of stroke by 30%



A Carnival Cruise Ship moored off the Seal Beach Pier, offers a hopeful sign. So many Leisure World residents enjoy cruising, we wish the industry the best.

## Some of the Humor of Steve Wright

It's time for a little laughter, if indeed laughter is the best medicine. Steve Wright is the famous comic with the lethargic voice and deadpan delivery who said: "I woke up one morning, and all of my stuff had been stolen and replaced by exact duplicates." His mind sees things differently than most of us. Observer, philosopher, punster...enjoy.

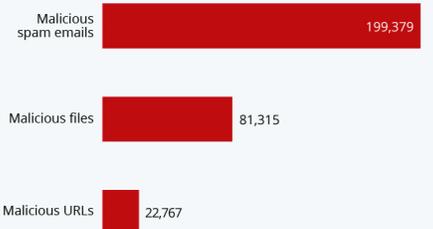
- I'd kill for a Nobel Peace Prize.
- Borrow money from pessimists -- they don't expect it back.
- Half the people you know are below average.
- 99% of lawyers give the rest a bad name.
- 827% of all statistics are made up on the spot.
- A conscience is what hurts when all your other parts feel so good.
- A clear conscience is usually the sign of a bad memory.
- If you want the rainbow, you got to put up with the rain.
- All those who believe in psychokinesis, raise my hand.
- The early bird may get the worm, but the second mouse gets the cheese.
- I almost had a psychic girlfriend, ..... But she left me before we met
- OK, so what's the speed of dark?
- How do you tell when you're out of invisible ink?
- If everything seems to be going well, you have obviously overlooked something.
- Depression is merely anger without enthusiasm.
- When everything is coming your way, you're in the wrong lane.
- Ambition is a poor excuse for not having enough sense to be lazy.
- Hard work pays off in the future; laziness pays off now.
- If Barbie is so popular, why do you have to buy her friends?
- Eagles may soar, but weasels don't get sucked into jet engines.
- What happens if you get scared half to death twice?
- My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
- Why do psychics have to ask you for your name.
- I intend to live forever... So far, so good.

## Beware of SCAMS

Beware of scam criminals already poaching on the unsuspecting. Online creeps have set up a variety of bogus phishing and shyster-websites offering bogus Personal Protective Equipment, COVID-19 testing kits, and seeking funding for non-existent charities. Don't fall for it. Don't give out your credit card numbers to any suspicious sites.

### The Online Coronavirus Threat

Known coronavirus-related malicious online threats, by type\*



## Service Maintenance

**(562) 431-3548**

Residents are encouraged to call Service Maintenance direct for maintenance and pest control. Call the Helpline to report landscape and all other issues.

## Security

**(562) 594-4754**

Call security if you are expecting tradesmen or guests. Call Security on the weekends for any water or electrical emergency.

## Helpline

**(562) 804-8718**

Call this number for all non-emergency issues. The "Helpline" is monitored only once or twice a day and often after business hours. Its purpose is to provide help to residents and offers you the opportunity to reach out to your Board members.