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Who Are You?

The six types of baby boomers

Baby boomers approaching retirement are coming upon possibly the biggest change in their lives. With the permanence, stability — and perhaps boredom — of the long work week gone, the possibilities are infinite. But as with any major life change, there are a lot of different options available, from relaxing and enjoying your grandkids to going back to school or starting a new business. Which choice you make depends on your financial situation, your interests and your willingness to take risks.

"It's very much like when you graduated from high school or college, a few people knew exactly what they wanted to do, but the majority have no idea," says Nancy K. Schlossberg, a professor emeritus at the University of Maryland and the author of *Retire Smart, Retire Happy: Finding Your True Path in Life*.

Schlossberg divides baby boomers into six main types. Some people may fit into more than one category, and over time, people will likely shift from one type of boomer to another.

The **Easy Glider** takes each day as it comes. These are the boomers who just bought a condo near the beach, for example, and are happy to relax there with their spouse, take walks in the morning and cook dinners together. They enjoy every day and have no interest in going back to work. Easy gliders are usually financially secure and do not have to worry about long-term retirement costs.

The **Adventurer** makes daring changes with his or her life. They may have retired from one career, then gone back to school and started another career. The longtime teacher who becomes a massage therapist is a good

example, or the accountant who earns a culinary arts degree and begins catering parties. Adventurers may be motivated by financial needs. If they have not saved enough for retirement, they need to figure out another source of income.

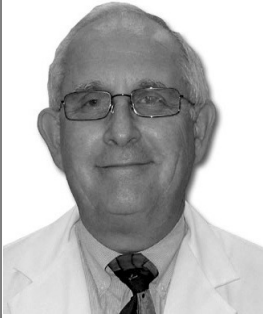
Adventurers often love to travel. The grandma you hear about who went on a trip to India, or the senior who took a cross-country trip on his Harley-Davidson to go to the big motorcycle rally in Sturgis, S.D., are adventurers.

The **Continuer** continues to use existing skills, interests and activities but modifies them to fit retirement. The math professor who retires from the university but continues to tutor students in math, for example, or the realtor who sells her busy and demanding practice but continues to occasionally list houses for friends or relatives. A continuer could be someone who worked as a preschool teacher who now babysits young children.

The **Searcher** tries out different careers or hobbies to find something that will bring him or her happiness. Perhaps they've started making pottery through a ceramics class, but then find themselves drawn to a class about writing mystery novels. Maybe they're taking up fishing again, or some other activity they haven't had time for in years.



(Continued on page 4)



Let's Talk

Dr. Jerry Shapiro

Rogers and Hammerstein said that "June is Busting out all Over", and so it is. This is the time when most of us think about Graduation, Father's Day and an upcoming vacation.

Therefore I have devoted this column to many of the unusual items we have carried in the past, and the new ones we are bringing in. They are mainly travel related and will save you space in the suitcase.

The first item is called Shave Secret which we have stocked for over two years. While it is only 1/2 oz it has enough oil for 3 months worth of shaves (longer for women). These shaves will be the most comfortable, closest and long lasting that you have ever experienced.

The next item is a chewable tablet that foams and becomes tooth paste. While you will still need to brush, it is great for camping as well as traveling. It comes in two flavors (mint and bubble gum).

Since the warm weather is fast approaching, especially after

a very wet winter, it is flip flop and sunscreen time. While flip flops are extremely comfortable they tend to cause rough and split heels. We will be stocking an excellent flip flop repair cream that takes care of this problem. We also now have Panama Jack Sunscreen with a variety of different forms to suit every need. They also have sandals for men and flip flops.

Another area that we are getting more and more concerns about is loss of hair and nail problems as women mature. We will be carrying Matrix 5000, a strong Biotin supplement to slow down the hair loss and help with split nails. Along with this we will also be stocking Elon Cuticle cream for splitting nails as well.

Last but not least, how many of you need a pocket or an extra one in your pants? One of our new additions is Pocket Plus which does just this. It will also attach to walkers, bikes and strollers.

These are just a few of the new items and one of the old ones that we stock to make your life easier and more comfortable.

5 ways to make your house safer

Sometimes the smallest things can trip up a person or allow a tragedy to happen. And many times keeping your family safe is a matter of taking a few minutes to check for household hazards and change a couple of batteries. Here are five things to do before lunch today:



- Check the smoke detectors and replace batteries, if needed.
- Inspect stair treads and railings: Tighten loose ones.
- Do a quick check under sinks and remove any hazardous materials that a family member might swallow. Do the same with medicine cabinets where curiosity could get the better of a child.
- Look around for frayed electrical cords and unplug any you find. Also, remove cords that are located where they could trip up a family member.
- Check lights in stairs and hallways, replacing any burned-out bulbs (preferably with low-energy but long-lasting fluorescent bulbs). Plug in those nightlights you bought but never removed from their packages.

Very Useful Web Sites

- **Know your rights:** How to protest a traffic ticket... prepare a financial power of attorney, determine liability in an accident, avoid foreclosure, resolve disputes with neighbors...more. www.Nolo.com/legal-encyclopedia
- **Recall notices:** Find out about recalls of appliances, medications, toys, etc. www.Recalls.justia.com
- **Flood safety:** What to do when flood watches/warnings are issued...cleaning up after a storm...more. From the Centers for Disease Control and Prevention. www.bt.cdc.gov/disasters/floods
- **Happier moving:** Four-week countdown includes packing information, a moving-day check-list and other ways to keep things under control. www.Movers-Edge.com
- **Family health history:** Easy-to-use online family tree to share with relatives and health-care providers. From the US Office of the Surgeon General. <http://FamilyHistory.hhs.gov>
- **Clinical trials:** Search among more than 100,000 medical research trials to find one that may benefit you or a loved one. www.ClinicalTrials.gov
- **Summer jobs:** Short-term positions at parks, hotels, resorts and other places. www.SummerJobs.com



Hints from JoAnn

April showers brought May flowers and June has brought us outside. Here are some tips for living outside.

Use **Foam Shaving Cream** to clean plastic outdoor furniture. Spray on and let it sit for 5 minutes. Then use a coarse sponge or soft brush to wipe the dirt away. Hose off.

If your patio umbrella is looking sun worn, use **convertible car top cleaner** to renew the fabric.

Use **liquid car wax** to protect plastic, wood or metal furniture frames from the elements. After cleaning the furniture, buff with car wax and future cleanings will be much easier. Note: use caution and don't apply wax on areas that come in contact with people's skin.

Before you fire up your outdoor grill, coat the racks with **non-stick cooking spray** or vegetable oil. Meats and veggies will slide off easily.

Flavor your food as you grill by tossing **fresh herbs** on the coals. Rosemary, basil, sage or bay leaves work well.

After you barbecue and the grill is still warm, sprinkle it with **baking soda**. Let it sit overnight. The next morning wipe the grill clean, then rinse and dry.

Sprinkle 1/2 cup of **borax powder** on the bottom of your garbage can to help prevent mold from growing.

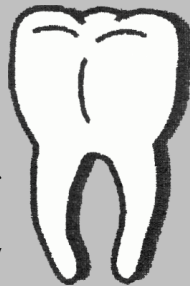
Use a solution of **distilled vinegar and water** to wipe down your patio table and deter flies. The vinegar smell will dissipate in no time, along with the flies.

After working in the garden, add 1 teaspoon of **sugar to your soapy lather** when washing your hands. The sugar works as an abrasive to help clean away grass and dirt stains.

Remove grease stains from concrete by drenching them with **dishwashing detergent**. Use a stiff wire brush to scrub the stain then let the soap sit for an hour. Rinse with boiling water. Repeat as needed.

Cleaning a plastic kiddie pool is easy. Dissolve 4 cups of **baking soda** in 2 gallons of hot water. When the water is still warm (but not hot enough to melt the plastic), pour the solution into the plastic pool. Swish it around with a clean sponge, then pour out the solution and rinse the kiddie pool with clear water.

What Purpose Do Wisdom Teeth Serve?



They serve a powerful purpose for dentists, who are paid to extract them. Otherwise, wisdom teeth are commonly regarded as being useless to modern man.

But because nature rarely provides us with useless body parts, a little investigation yields a more satisfying answer.

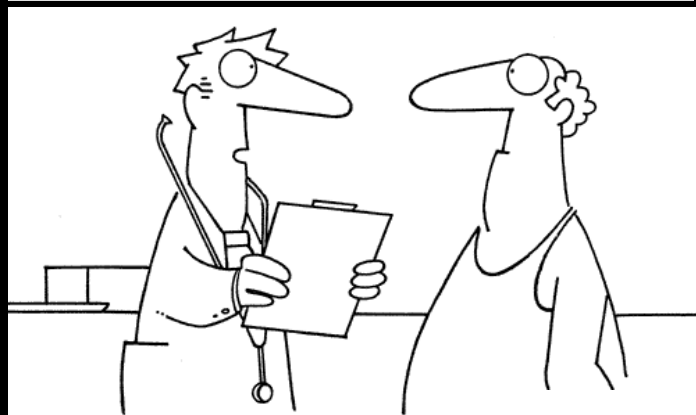
Primitive man ate meats so tough that they make beef jerky feel like mashed potatoes in comparison. The extra molars in the back of the mouth, now known as wisdom teeth, aided in our ancestors' mastication.

As humans have evolved, their brains have gotten progressively larger and the face position has moved farther downward and inward. About the time that primitive man started walking in an upright position, other changes in the facial structure occurred. The protruding jawbones of early man gradually moved backward, making the jaw itself shorter and leaving no room for the wisdom teeth (also known as third molars). Most people's jaws no longer have the capacity to accommodate these four, now superfluous, teeth.

Greeting Cards

Uptown Drug & Gift Shop is pleased to offer a large selection of half-priced

greeting cards for all occasions. We also carry pop-up cards, Blue Mountain Greetings, Leanin' Tree and many more.



"The handle on your recliner does not qualify as an exercise machine."

(Continued from page 1)

This searching also occurs on a spiritual level. Retreats involving prayer, meditation and a deepening of faith appeal to searchers, who are reflecting on what they have learned in their lives, and how they want to spend their remaining years. Most boomers will have a "searching" phase during or after retirement.

The **Involved Spectator** cares deeply about the world. They love their family members, feel connected to their faith and care about their community. However, because of illness or other circumstances, they are not as involved as they used to be. Someone who has been very involved in her church for many years, but now can only manage spending a few hours a week helping on Sunday mornings, is one example. Another is a grandfather who was always very involved with his grandchildren's lives, but who sees them less now because of his health concerns.

The **Retreater** is the only negative category of the six types, Schlossberg says. They are confused and upset about retirement. The change may have been traumatic for them. They miss their former coworkers and have not been able to make new friends. Instead, they have retreated to their home to watch TV, withdrawing from friends and family. Although a person might be in the "retreat" category for a while, he or she can also transition from this into a more positive stage and become a "searcher."



Provide for your animal after your death. Legally, animals are property and cannot inherit anything, but a pet trust lets you—the grantor of assets—use assets to care for a pet. You appoint a caregiver—an individual or an organization—to care for the animal. And you designate a trustee, such as an

attorney, to set up the trust and monitor the caregiver to make sure that the assets are being used appropriately. The trust also may include a remainder beneficiary, who will inherit any assets that may be left after the animal dies. Consult an attorney for details about trusts.

Never do anything you wouldn't want to explain to the paramedics

How To Tell If You're

OVER THE HILL

- You no longer laugh at Preparation H commercials.
- Your arms are almost too short to read the newspaper.
- You buy shoes with crepe rubber soles.
- The only reason you're still awake at 2 a.m. is indigestion.
- People ask you what color your hair used to be.
- You enjoy watching the news.
- Your car must have four doors.
- You no longer think of speed limits as a challenge.
- You have a dream about prunes.
- You browse the bran cereal section in the grocery store.
- You start worrying when your supply of BENGAY is low.
- You think a C.D. is a certificate of deposit.
- You have more than 2 pair of glasses.
- You read the obituaries daily.
- Your biggest concern when dancing is falling.
- You enjoy hearing about other peoples operations.
- You wear black socks with sandals.
- You know all the warning signs of a heart attack.

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