

SENIOR OUTLOOK

Long-time resident tells perks of living in neighborhood

By Jane Gilman

Mary Ann Halmoy remembers the days when there were no play dates or pre-schools.

"Our neighborhood on

Beachwood was full of young kids who would all play together and parents who were active in the Van Ness Avenue School PTA.

"It's been a wonderful neighborhood," said Mary Ann, who moved here with her husband and two very young daughters in 1955.

"Howard Dippell of Dippell Realty sold us the house, explaining that the North Beachwood community was like a hidden village.

"We celebrated New Year's Eve right here on the block with an annual progressive dinner. We had dinner at one house, dessert at another and champagne at our house."

She walks to Larchmont Village once or twice a week, but laments that it is not the same as when she was a young housewife.

A stay-at-home mom (my husband had the car), she recalls the children's shop, Little Guys and Dolls, and Pat's ice cream store.

"My girls loved to listen to the new records at Ross Stratton's radio and record store.

"We knew our neighbors and we knew the shopkeepers. The tellers at the bank all knew me by name, and the only places you could eat lunch were at Café Chapeau,



SHE HAS SEEN Larchmont Village change over the years.

Coffee Cup and the Gingham Garden.

"When Art's gas station closed on Rosewood, it was like losing a doctor (for our car)," she added.

Now the trim, white-haired 86-year-old brings her grandchildren to Larchmont. "I still go there once or twice a week."

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Learn to fix your mood with food on dial-in program

User-friendly, natural options for mood improvement based on ancient healing practices will be discussed Fri., July 11 from 10 to 11 a.m. at an interactive phone-in session geared for caregivers.

Acupuncturist Heather Lounsbury, L.Ac., author of "Fix Your Mood With Food," will offer tips and answer questions as part of the "Caregiving Matters"... Education by Phone program

sponsored by Leeza's Care at Olympia Medical Center, 5900 Olympic Blvd.

"Losing Patience...How to deal with Challenging Behaviors" is the topic Thurs., July 17 from noon to 1 p.m. by guest speaker Linda Ercoli, Ph.D, director of geriatric psychology at UCLA.

Reserve your spot at 818-847-3686.

Dial-in at 1-866-554-6142; conference code 2128372545#.

Safely dispose of prescription medications, supplements

By Rachel Olivier

There was a time when it was a common practice to flush unwanted medications down the toilet, however this pollutes our drinking water.

Wastewater treatment plants are not equipped to remove medications and supplements.

The Environmental Protection Agency has determined that there are two methods to dispose of unwanted medications.

First, contact your local recycling service and ask if there are any drug take-back programs or hazardous waste collection days scheduled and take your unwanted medications there. If none are scheduled, then follow these steps:

1. Take your medications or supplements out of their original containers.
 2. Remove or conceal personal and prescription information using a black marker.
 3. Mix medications with used kitty litter or coffee grounds in a disposable container or plastic bag.
 3. Seal container or plastic bag and take out to garbage.
- Most importantly, do not flush medications down the toilet.

For more information, go to www.epa.gov/ppcp or call 800-426-4791.