

SCS LIFE



Buyers Wanted

A flood of new listings makes SCS a buyer's market.

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Sun City Summerlin's Independent Monthly

SCSLife.net | June 2025

All That Jazz

Alan Schultz keeps the records spinning and the jazz flowing from his home studio in Sun City.

See page 7

Look Back

30 YEARS AGO:
Ground is broken for the Mountain View Presbyterian Church, the first house of worship in Sun City.

See page 10

He's Back

John Wood returns with a funny look at Sun City sins.

See page 19

TIME TO PLAY



A flurry of projects will add and improve places to have fun and play in Sun City over the coming months. A new softball turf infield scheduled for July is just part of a nearly \$1 million recreational upgrade. See page 8

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A Radio Row of our own in Sun City

I've probably said this before but I've always been a radio guy, dating back to my days of listening to Vin Scully and the Dodgers on my red transistor radio. But it wasn't just Vinny. The music soundtrack of the 60s as it unfolded also blared from that glorious little device on many hot summer days as I tooled around the neighborhood.

I had a clock radio by my bedside, too. There were a lot of nights I'd tune in KNX-AM newsradio in Los Angeles and fall asleep listening to the news of the southland. I was a news junkie even then, not to mention the only one in my small circle of neighborhood boys who knew where the traffic tie ups would be the next day and whether there would be a smog alert..

If I was feeling restless late at night I'd turn the AM dial to a



TIM DAHLBERG
SCS LIFE
COMMENTARY

50,000 watt station out of Salt Lake City with a show for night owls guaranteed to put anyone to sleep. And when my dad finally got a car with a radio I went out in the carport and listened to a Muhammad Ali fight from far away.

Most of my life, it seems, radio was along for the ride.

At the Olympics I'd always hang with the Associated Press radio guys, who usually had their own office with a fully stocked refrigerator they were always happy to share. I'd do an occasional interview with them, but to me it was more about the beer and sandwiches in

places where both were usually at a premium.

At the Super Bowl I'd venture out to Radio Row in the days before the game, where dozens of radio talk shows compete for guests and the famous and famous wannabes wandered between different networks and podcasts. I was an occasional guest on a few of the shows, usually when someone far more interesting dropped out.

And late in my career I did a weekly podcast along with my fellow columnist Jim Litke of The Associated Press. We'd talk sports, of course, but also a lot of food, my granddaughter's soccer game or anything else that popped up.

We had guests from Emeril Lagasse to John Smoltz to Tom Izzo and had a blast with almost every one of them. It helped that we were



Podcasting from Radio Row prior to Super Bowl LIV in Miami in 2020.

with Podcast One, a major podcast company, and were widely distributed.

We also went on location, whether it was having breakfast with boxer

> See DAHLBERG, Page 4



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Dahlberg

continued from Page 3

Manny Pacquiao at his home in Los Angeles or peering through the coastal mountains at the DMZ in Korea where regular tourists are not allowed to go. We did shows from a converted closet at the Winter Olympics in Pyeongchang and around a kitchen table of our rented home in Scotland after another British Open golf tournament.

At the Masters one year one of our guests wasn't a golfer but a black man who spent 26 years in Attica Prison, where he became an artist and painted pastoral scenes of famous golf courses like Augusta National from pictures in old golf magazines. Valentino Dixon, who was eventually exonerated of murder and released from prison, kept it real – every other word was MF out of him – but it was great fun on the staid grounds.

And when it ended we did a greatest hits show that was described like this on the Podcast One site:

Hosts Jim Litke and Tim Dahlberg exit the show stage left – but not before culling the best moments from 160 episodes at breakneck speed. They pull out postcards from far-flung visits, thank their famous and not-so-famous guests, and as always, cap it off with one last great food fight.

It was some of the best fun of my career. And that's probably why picking DJ Derald Johnson as our cover last month was an easy choice.

But there are others in Sun City just as worthy from the radio biz.

Rich Johnson is a former AP Broadcast guy turned webmaster and podcast producer who lives in Sun City. He reached out to me early in SCS LIFE history and could be a cover by himself. So could Rick Frischmann, a softball colleague of mine who had a long run as a prominent daytime DJ on a country station in rural Wisconsin.

And in Doug Puppel's Neon Diary this month we bring you Alan Schultz, who has been playing jazz records since the late 1950s as a young DJ in Long Beach, California. At the age of 87 Schultz broadcasts "The Alan P. Schultz Show" on KAJI Jazz Radio, an online station affiliated with the American Jazz Institute.

I know there are others and I'm hoping I hear from them.

Who knows, we might have a Radio Row of our own in Sun City!

AT LEAST WE KNOW YOU'RE READING!

I learned early in my journalism career that people don't like two things: Getting their newspaper thrown into the sprinklers or not getting it at all.

They also don't like it when they see mistakes, no matter who made them.

In this case it was our printer who reprinted two pages and dropped two others in our May edition because of what they said was a software error. I felt terrible about it, of course, because SCS LIFE is my baby and I want everything to be perfect. And those two pages were worth reading, including the finish of the John Berthelsen story that jumped from another page and the monthly humor column from Sun City's own John Wood.

Don't worry, John's humor is back in this issue. And here is the last pertinent paragraph of the Berthelsen story, where, as you might remember, he was both upset and confused about his unceremonious removal from two important SCSCAI committees.

"I haven't gotten a lot of sleep the past couple weeks," Berthelsen told SCS LIFE. "It's a huge slap in the face to me and I expressed that to Mitzi and a couple board members. After all I've done for this community, this is the way I've been treated."

You can read it all in its entirety – along with any previous SCS LIFE

issue – on our website, scslife.net.

No, we didn't deliberately skip printing some pages because of some dark conspiracy as suggested by one reader. It was simply an error by our printer, which I discovered about the same time you did. Actually a bit later since I had just come out of laser cataract surgery and was a bit loopy when told.

I'm still puzzled, as is Berthelsen and others, about why after eight years of long hours of service to the community he was summarily dispatched, not by the executive director or a board member, but by a cold email from attorneys with no reason given. But that may be a story for another time.

I'm also puzzled how a \$400 an hour SCSCAI attorney can't get the date right in a four paragraph email, but that's just the editor in me.

If there was a silver lining of sorts, it's that I rediscovered what I've known all along – Sun City residents really like their SCS LIFE. We got dozens of phone calls, emails and texts pointing out our pages were waylaid and wondering if they were the only ones with missing pages.

Unfortunately, they weren't. We deliver to every home in Sun City – all 7,781 of them – and every one got the same publication. The good news is everyone will get four more pages in this issue because the printer wanted to make it up to us.

Deep into our second year we've become a community institution in Sun City. People start looking for us around the middle of the month and, believe me, they let us know if the postman somehow passed them by.

I'll repeat what I wrote in the first issue we published two years ago: Our only agenda to tell stories, entertain, educate and spread real news reported by real journalists to Sun City Summerlin residents.

Thanks for being loyal readers and letting us know how much SCS LIFE means to you and the community. And now that I can see again, keep those emails coming.

Tim Dahlberg is the publisher of SCS LIFE. Write to him at timd@scslife.net

SCS LIFE

Sun City Summerlin's Independent Monthly

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Former board president still searching for answer to his removal

By Tim Dahlberg
SCS LIFE

John Berthelsen still has no answer as to why the SCSCAI executive board booted him from two standing committees and effectively banned him from volunteering for the association again.

And it doesn't look like he'll get any.

"They have besmirched my name and reputation in the community and I apparently now have no recourse left," Berthelsen told SCS LIFE.

Berthelsen, who was summarily removed from the Architectural Review Committee and the Hearings Committee in a four-paragraph letter in April from a SCSCAI attorney, said he asked for a hearing behind closed doors so he could be given the reason for his dismissal and was turned down.

Now, he says he can only wonder why, after eight years of community service, he is on the outside looking in.

"I was really hoping they would let me appear at a hearing, closed door and confidential, but they pretty much shut it down," Berthelsen said. "Bring me in and tell me what I did wrong. I've not been told anything, nobody will say anything or confirm anything. All I can do is guess."

Berthelsen said in his time serving on committees and on the board he didn't know of one case when someone was removed from a committee involuntarily. He said not only did his removal from the committees take away a big part of his life in retirement but also left him fearful of what has happened to his good name.

"It's been very disconcerting. I'd like to say I put it all behind me and moved on but you get reminded about it every time you get an email blast or there's a committee or board meeting."

- JOHN BERTHELSEN

"It's pretty disheartening," he said.

Executive Director Mitzi Mills and Board President Jeff Rorick - who Berthelsen served on the board with - both told SCS LIFE earlier they would not comment on the removal.

Berthelsen, who has owned a home in Sun City since 2009 and lived here full time since 2015, volunteered his time for the past eight years, beginning with his appointment to the CCOC Committee, which oversees Sun City clubs. He has served on all the major committees in addition to his stint on the board of directors, where he chaired meetings for a year as president.

He said he understands the board has the right to remove people from positions, but said he should have the right to be told why he was removed.

Meanwhile, he said all he can do at this point is move on, though it has been difficult so far.

"It's been very disconcerting," he said. "I'd like to say I put it all behind me and moved on but you get reminded about it every time you get an email blast or there's a committee or board meeting. Obviously I'm not wanted, but it's still not something you can walk away and forget about."



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COMMENTARY

Before you pull the plug ...

Have you ever dreaded being trapped in a coma, aware of your surroundings, but unable to communicate?

Then, you might want to stop reading right now, because this story, like a creepy Stephen King novel, will haunt you.

A new federal investigation hitting the general news now has found that officials at a Kentucky nonprofit in charge of coordinating organ donations for the state ignored signs of alertness in patients about to be harvested.

About 350 cases were reviewed in Kentucky over the past four years. The cases involved plans to remove organs from comatose patients. They found that in 73 instances, officials should have stopped harvesting organs sooner because the patients had high or improving levels of consciousness.

“Stopped sooner?” Yikes. If there’s any sign of life, doesn’t common sense dictate that you stop immediately?

One guy, according to the report, began to awaken as he was about to be removed from life support so his organs could be donated. The man cried, pulled his legs to his chest, and shook his head, yet officials moved forward. They eventually stopped, but jeez, the idea that they pressed ahead is pretty damn scary.

The probe into Network for Hope, formerly Kentucky Organ Donor Affiliates, was the primary organization that facilitated organ and tissue donation in Kentucky.

Among the main findings, the Network for Hope employees:

- Pushed hospital staff to proceed with organ donation procedures despite obvious signs of life.
- Improperly took over cases from doctors.
- Pressured families to proceed with organ donations for their loved ones.



SHERMAN R. FREDERICK
COMMENTARY

• Some did not recognize the effects of sedation, sometimes masking a patient’s true condition.

There may be legal consequences for certain individuals, thought that’s still up in the air. For now,

Network for Hope must conduct neurological assessments on potential organ donors every 12 hours and increase staff training as a result of the investigation.

Organ donation is a good thing. But, if you’re ever in a position to decide whether to pull the plug on a loved one, be aware of the experiences in Kentucky. Double check everything.

MALASADAS

Having lived in Hawaii for five years (go Hilo!), I’ve missed Hawaiian cuisine. And, believe me, there are so many good dishes to miss.

One of the hardest items to duplicate is malasadas. It’s a simple dish of fried pastry dough, coated in sugar. But somehow it’s hard to find a good malasada on the mainland.

But, I think I found one. Pipeline Malasadas scratched my Hawaiian cravings itch. It’s located at 6945 S. Buffalo Drive, Suite 100. It is open 6 a.m. to 9 p.m. They have a website. If you go, let me know how you liked it.

SUNCOAST

I got my first look at the new sports book at the Suncoast Hotel and Casino. Looks very nice. I don’t know if it will top the Santa Fe Station’s book, but it’s at least comparable in size. It should give Santa Fe a run for its money.

You can read more of Sherm Frederick’s writing at shermanfrederick.substack.com.

NEON DIARY

Jazz keeps Alan Schultz passionate and behind the mic at 87

Jazz fans applaud the artists, but people like Alan Schultz help bring the music to their ears.

Working as an on-air personality and behind the scenes in radio station management and ownership, the four-year SCS resident introduced jazz to generations of Californians. And today, thanks to the Internet, his platform has gone global.

The 87-year-old serves as program director and hosts the thrice-weekly “The Alan P. Schultz Show” on KAJI Jazz Radio (KAJRadio.org), an online station affiliated with the American Jazz Institute that is nearing 900,000 cumulative listeners.

He curates a collection of 20,000 jazz selections with the same passion he brought to the studio in the late 1950s as a young DJ at KNOB, a pioneering all-jazz station in Long Beach, Calif.

“If you can’t have fun with it, you better get out of the business,” said Schultz, who works out of a home where you find broadcasting equipment, photos, CDs, his wife Elaine, and their nap-loving labradoodle, Zoey.

Schultz’s multitude of stops included a mid-1980s ownership stake in KRML, a jazz station in Carmel-by-the-Sea, Calif. And yes, the station was the setting for Clint Eastwood’s 1971 thriller, “Play ‘Misty’ for Me,” with Eastwood’s character working there as a DJ.

The two became friends, and last month Schultz produced a special program of music and Eastwood interviews that aired June 1 to mark the Hollywood icon’s 95th birthday.

Longtime American Jazz Institute President Mark Masters, a friend of Schultz’s for a quarter-century, said he marvels at “his passion for the music and the understanding that people need to be connected” — and how that keeps him going.



DOUG PUPPEL
NEON DIARY

“Alan has always been an important resource to the jazz community; an excellent raconteur with a lengthy history with those who have played the music,” said Masters, a Southern California composer and arranger, who called Schultz, “a stellar human being.”

Schultz was first around live radio at age seven, when his parents took him to a radio show in Cleveland (back when radio shows had studio audiences). He got his first taste of jazz at age 10, when he attended a Louis Armstrong concert — and he rubbed elbows with almost every artist who followed.

He is a fountain of photos and stories of numerous jazz musicians, often name-checking them as he effortlessly shares decades-old memories.

Schultz attributes his mental sharpness to the very nature of jazz itself. The genre’s syncopated rhythms and emphasis on improvisation, he said, require constant engagement.

“You learn every time you listen to jazz,” he said.

Those looking to talk jazz or learn more about the American Jazz Institute can reach Schultz at alanschultz760@gmail.com

COMEDIC OVERFLOW:
“Comedy is messy, take a towel,” advises comic Kathleen Dunbar, who headlines the June 18 Comedy Tonight evening of standup, which is celebrating five years at the Starbright.

Doug Puppel is a writer and model in Las Vegas. Reach him at Doug@DougPuppel.com.



Photo by Doug Puppel

Alan Schultz uses a dictionary to elevate his words – literally. Webster provides a mic stand in his home studio, where labradoodle Zoey and photos of friends and entertainers keep him company during his KAJI Jazz Radio show.



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Keeping up with the times: Sun City reinventing recreational areas and adding sports

SCS LIFE

When Del Webb Corp. first began construction on Sun City Summerlin 1988, the golf course and a \$6 million recreational center were finished before any homes were in the ground.

With good reason, because recreational opportunities were one of the big lures in getting people to drive out to the desert of northwest Las Vegas and put money down on a new home. There was golf, swimming, tennis and a sparkling new gym already waiting for them when they got here.

More gyms, tennis courts and pools would come later. A softball field was built as well as two more golf courses.

Now, a new flurry of new projects will reshape some of Sun City's recreational areas, with new places to play, work out and even win some money scheduled to come online over the next year.

Close to \$1 million will be spent in upcoming months as SCSCAI reimagines and upgrades some of its recreational areas, including the addition of permanent facilities for basketball and cornhole. The aim is to make recreational opportunities even more attractive for residents and those looking to move to Sun City.

In addition to a basketball half court and cornhole game at Mountain Shadows, the bocce ball courts will be expanded at Desert Vista. The gym at Mountain Shadows will also get more



Google Earth

This aerial view shows the area (lower middle) at Mountain Shadows Community Center where a half court basketball court and cornhole court will replace all but one of the existing shuffleboard courts. The area is located between the miniature golf course and the tennis courts.

usable room, with new cardio, strength training and stretching areas taking the place of an indoor spa that will be filled in.

Pickleball will expand from 10 to 18 courts with the elimination of two tennis courts at Desert Vista, and softball players will be playing this fall on a brand new turf infield.

Those who like to recreate with a drink in hand and some money on the line won't be left out either. Soon, there will be a new bar area where they can play on gambling machines while enjoying the view of golfers at Highland Falls.

Here are the recreational projects planned for the months ahead:

BASKETBALL COURT, CORNHOLE

Members of the Basketball Club have waited several years for a facility all their own, and now they will get one next to the miniature golf course at Mountain Shadows.

The half court will be built where the shuffleboard courts now stand, with one shuffleboard court kept to allow limited play. In addition to the half court, a cornhole court will be built on the site, which has been underutilized for years.

The Basketball Club has been playing on a makeshift court at the pickleball facilities at Desert Vista. The original plan was to possibly build a court on the horse-

shoe pit area at Desert Vista but changed with the idea that it could be put at Mountain Shadows.

COST: \$132,000, an amount already allocated for in the 2025-26 reserve budget.

BOCCE BALL

Currently there are four bocce ball courts at Sun Shadows and four at Desert Vista. Under the new plan, the Sun Shadows courts would be closed and Desert Vista expanded to six courts, replacing the horseshoe pits on the property.

Bocce ball players had asked for more courts in one place to hold events and tournaments. No decision has been made on what to do

with the courts that will be abandoned at Sun Shadows.

COST: \$140,000, allocated in the 2025-26 reserve budget.

PICKLEBALL

This was the most contentious change, pitting pickleball players against tennis players who did not want to lose their remaining two courts at Desert Vista. In the end, pickleball won out and now the entire Desert Vista area that began as tennis courts will be pickleball courts.

Under the plan, the two remaining tennis courts at Desert Vista will be combined into eight pickleball courts, bringing the number of pickleball courts at the complex to 18. There are currently more than 300 members of the Pickleball Club, and the club has been constrained in running its charity tournaments because of a lack of space.

Tennis players won't be left out. There are still six recently refurbished courts at Mountain Shadows and four courts at Pinnacle.

COST: \$65,000, included in the 2025-26 reserve budget.

SOFTBALL INFIELD

This also generated some controversy in the softball community after the former president of the club said the current field was OK and the Board of Directors responded by pulling money already in the reserve budget and

> See REC, Page 9



Google Earth

This overhead view of the Desert Vista Community Center shows two tennis courts, center, that will be converted into eight pickleball courts, giving pickleball 18 courts in total. To the right of the tennis courts is the existing bocce ball courts with the horseshoe pits adjacent. The horseshoe pits will be converted into two extra bocce ball courts.

Rec

continued from Page 8

pushing the new artificial turf field to 2031.

But efforts to find a company to maintain the current field failed because of concerns that the field was too fragile to be maintained properly. So the board moved forward with getting a bid for a new field, which will likely be installed in July when official softball play is on hold.

The current infield turf was installed in 2017, replacing a dirt infield.

COST: \$134,478, with the money included in the 2025-26 reserve spending plan.

EXPANDED GYM AREA

With the decision to eliminate the leaking indoor spa at Mountain Shadows, there will be additional space for cardio and weight equipment along with a stretching area.

The spa will be filled in and the area converted to an expanded fitness area, making the largest gym in Sun City even larger.

COST: Estimated at \$70,000.

GAMING AREA

The plan to add gambling machines to the Tavern at the Falls restaurant at Highland Falls has been underway for more than two years but is expected to finally begin taking form later this year.

A glass wall will be removed and a new bar installed on the south end of the restaurant. The bar will contain 12 gambling machines, with three others placed in freestanding tables in the bar area.

Proponents of the project say it will eventually pay for itself and later begin generating profits, thanks to a proposed \$15,000 a month contract with slot route operator Jett Gaming, which also services Miller's Tavern, the privately run bar at Palm Valley Golf Course that has the only other gambling in Sun City.

COST: The cost was estimated at \$237,295 last December, but the final bids came in far higher than that. The Board of Directors approved a bid of \$321,579 by Brandise Construction in May but construction timelines are uncertain as is final approval by gaming authorities for the slots. The funds are included in the reserve and new capital budgets.

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LOOK BACK

30 YEARS AGO: Groundbreaking is held for Sun City's first church

SCS LIFE

• About 150 church members picked up shovels for the official groundbreaking for the Mountain View Presbyterian Church, the first church in Sun City Summerlin. Church officials predicted the 8,000 square foot facility will be open by the end of the year at Del Webb Boulevard and Sun-gold. Del Webb Corp. officials said three other churches have plans to build in the community.

• A 3-bedroom, 2-bath home on the golf course was listed for \$274,950.

35 YEARS AGO

• Pro golfer Billy Casper visited the

Sun City Summerlin golf course he designed to give residents a golf clinic. Casper told stories of his prime career battling against the likes of Arnold Palmer and Jack Nicklaus, then relaxed after in the clubhouse. The Sun City course is the first designed by Casper and his new design company.

• A Kiwanis Club is being formed in the growing Sun City Summerlin community. The club meets on Tuesdays at noon at the Mountain Shadows Community Center.

• A 2 Bedroom, 2 Bath home was listed for rent for \$825.

20 YEARS AGO

• Del Webb officials say they have

received fewer than 100 service requests for stucco-related issues in Sun City Summerlin in 15 years since the community began. The comments came as a class action suit was filed in District Court asking for damages for the company "improperly" getting an exemption on the installation of weep screeds to keep water from seeping into a home. Lawyers say the 1,400 plaintiffs could get as much as \$70 million from the developer if successful in court.

15 YEARS AGO

• Ward 4 City Councilman Stravos Anthony says fears Sun City Summerlin residents expressed over the opening of the Lake Mead interchange at the 215 were unfounded. Anthony says that Lake Mead hasn't become heavily traveled and that other issues cited by residents opposing the interchange have been mitigated.

• Summerlin marked its 20th anniversary with construction slowed because of the recession but plans are still underway to develop it further. The community began with Sun City Summerlin.

• A 2-bedroom townhome on the golf course was listed at \$179,900.

10 YEARS AGO

• The Board of Directors approved going out to bid for a project to remove plants throughout Sun City's common areas due to over planting and bad irrigation. The project follows the 2013 Strategic Landscape Plan to thin out some of the community's common areas. The board also approved a \$6,300 contract to clean up and improve the landscaping around Thomas Ryan Boulevard that SCS landscaping staff couldn't do because of understaffing.

5 YEARS AGO

• A maximum capacity of 25 people has been implemented for Sun City's community pools because some people aren't practicing social distancing. The cap was put on to keep people separated as the Covid19 pandemic continues. Executive Director Mitzi Mills said she hoped the capacity could be increased to 50 people a pool if everyone practiced safe distancing. Meanwhile, chaise lounges have been brought back out after the health department loosened restrictions on their use.

• People have begun returning to Sun City's restaurants after they reopened May 9 after closing for Covid. Managers reported good business at the Tavern at the Falls and also at the Summit, where golfers were the main customers.

3 YEARS AGO

• Sun City has two new clubs. The Board of Directors approved the Texas Hold'Em club to begin operations with a new charter while also approving the Sun City Basketball Club despite the lack of a proper basketball court.

• The softball field in Sun City will be getting a new scoreboard. The Board of Directors voted to approve a \$5,464 bid for the new scoreboard, which will replace the malfunctioning board down the left field line.

1 YEAR AGO

• Another golf course pond is getting a new liner to stop it from leaking. The Board of Directors approved a \$152,000 contract to redo the pond off No. 4 at Palm Valley. The project would include concrete around the perimeter and a thick vinyl liner for the bottom. The pond on No. 10 at Palm Valley was done last year.

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WITNESS PROTECTION: A SUN CITY POEM

By Jeffrey Green

Tony plays Palm Valley, Lives off the seventh tee.
 He's here by way of Cicero, And government decree.
 See way back home in Illinois, His talents were for hire.
 He made a living with his hands, And strong piano wire.
 Arnie joined Ceramics, He fires night and day.
 The other members of the club, Begrudging of his clay.
 But back in Rapid City, Where Arnie made his mark.
 Insurance men in reverence for, The way he'd nurse a spark.
 Sully's good with numbers, He dodged a five to ten.
 Corroborating witnesses, Were not heard from again.
 You'll see him in the card room, He never stays too late.
 They say don't bet against a man, Who pulled an inside straight.
 So when you're at The Starbright, Don't try to cut the line.
 There's seven seniors watching you, And waiting for a sign.
 Be kind to all your neighbors, Respectful and discreet.
 You never really know the folks, Who live just down the street.

Jeffrey Green, a resident since 2017, loves Sun City and never cuts the line at the Starbright.

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Men's Health Month: A time to act

By Jake Armbrust, DO
Southwest Medical, part of Optum

June is Men's Health Month – a perfect reminder for men to make wellness a priority. Many men take care of their health, but additional work is needed to keep more men healthy.

Some of the statistics on men's health are alarming. For example, life expectancy from birth for men in the U.S. is 74.8 years; for women, it's 80.2 years. In addition, more than 41 percent of men aged 20 and over are obese and 14.7 percent of men aged 18 or over are in fair or poor health.

These statistics may be worrisome for men and their loved ones, but many of the health risks men face can help be prevented by adopting a healthy lifestyle and getting recommended and timely preventive health screenings.

Men's Health Month is a reminder for men to take charge of their health. I know first-hand what it takes to help men of all ages get and stay healthy. It's what I do every day in my practice as an adult medicine physician and medical director for Southwest Medical.

Regardless of gender, the following general health advice is important. Regular physical activity can help control weight, reduce risks of developing heart disease and some cancers, and can improve overall mental health and mood.

Another important priority is nutrition. It's important to eat a variety of fruits and vegetables every day, include whole-grains, low-fat dairy and lean protein and limit foods and drinks higher in sugar, salt, and saturated fat; if you choose to drink alcohol, do so only in moderation--which for men is 2 or less drinks per day.

There are other important reminders for men, including managing any

chronic health conditions and following treatment plans. In addition, work with a doctor to get a full understanding of the purpose and side effects of the prescriptions, over-the-counter drugs and supplements that you may take. Do not overlook the importance of using sunscreen, since skin cancer is the most common form of cancer in the U.S.

It's also important for men and those close to them to be aware of the warning signs of any mental health difficulties. For example, if you have mild symptoms that have lasted for less than two weeks such as trouble sleeping or feeling down, engaging in self-care activities can be a good starting point to feel better. If symptoms are severe, persistent or are worsening, talk to your health care provider. Symptoms may include:

- Trouble sleeping
- Difficulty concentrating
- Poor appetite changes that may result in unwarranted weight changes
- Loss of interest in things that you usually find enjoyable
- Inability to perform normal responsibilities and daily functions or struggling to get out of bed in the morning due to mood.
- Thoughts of self-harm or death

Optum Disclaimer: If you or someone you know have thoughts about suicide, seek help right away. If you or someone you know is in immediate danger, call 911 — or go to the closest emergency room.

To reach a trained crisis counselor, call or text the 988 Suicide & Crisis Lifeline at 988 or 1-800-273-TALK (1-800-273- 8255). You may also chat at 988.lifeline.org.

Men's National Health Month is a reminder for men to take a proactive approach to their health. If you or the men in your life are not making positive health choices, now is the perfect time to take charge of your health.



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Programs help homeowners save money while conserving water

The Las Vegas Valley Water District (LVVWD) has four programs available to support homeowners with costly leak repairs. These programs can save you thousands of dollars and also preserve our community's most precious resource—water.

Leak Adjustment Program may include a billing adjustment for up to 50 percent of the water consumption incurred due to a leak. Some restrictions apply; leaks must be repaired within 60 days of receiving a leak notification from the LVVWD to qualify.

Leak Repair Reimbursement Program reimburses qualified homeowners up to 50 percent of leak repair costs (minimum of \$200 and maximum of \$1,000). Some eligibility requirements apply, and homeowners must apply for the program within 60 days of completed repairs.

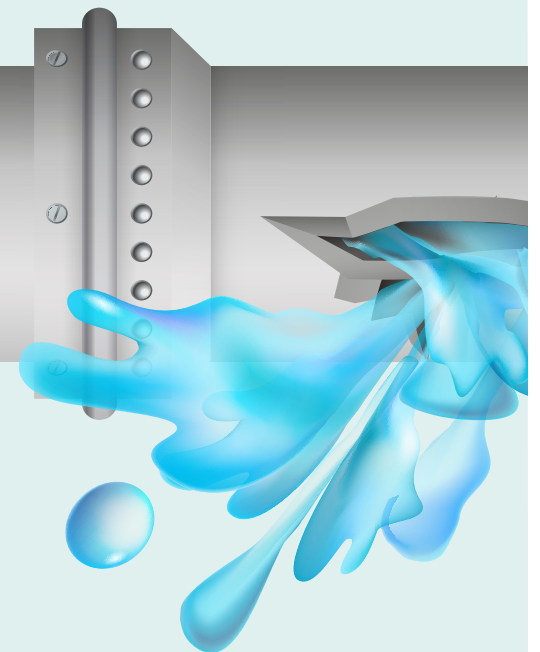
Dealing with water leaks can be costly, and for some, repairs may seem unattainable. **Low-Income Leak Repair Assistance**—developed in conjunction with several



community organizations—covers up to \$7,500 per leak event for homeowners served by the Water District whose maximum gross income is at or below 80 percent of Clark County's median income.

Water Line Protection Program, developed in partnership with American Water Resources, is available to LVVWD customers with monthly premiums starting at \$3.99 or an annual premium of \$47.88. The first 50,000 customers who enroll in the program will receive full reimbursement by the LVVWD for the first year of service.

More information about these customer assistance programs, including eligibility requirements, is available at lvvwd.com.



FIX YOUR LEAK

without breaking the bank.

Don't let leaks drain water OR your wallet.
LVVWD customer programs help homeowners with costly repairs and high water bills due to leaks.



LVVWD Customer Programs

Leak Adjustment Program

Leak Repair Reimbursement Program

Low-Income Leak Repair Assistance

Water Line Protection Program



**LAS VEGAS VALLEY
WATER DISTRICT**

Learn more at LVVWD.com

DO YOU NEED A GOLF CART?

Seniors in Need of Transportation Foundation (SNTF) has a nice selection of pre-owned golf carts available to Sun City residents at wholesale prices with a limited warranty. The Foundation also purchases automobiles at a very fair price for our residents in our Sun City Community!



SNTF Executive Director Carol H purchasing a vehicle from Karen O that was her late husband's pride and joy!

We can help.

Do you need a golf cart for transportation to get to Smith's through the back gate, CVS, Walgreens, the banks and restaurants?

Want to volunteer?

Volunteering offers health benefits: Improves physical and mental health. Provides a sense of purpose and teaches valuable skills. Nurtures new and existing relationships.

Seniors in Need of Transportation Foundation (SNTF)

Not-for-profit organization, 501(c)(3)

702-439-7815
sntfinkind@gmail.com

9436 W. Lake Mead Blvd, Ste.5, Las Vegas, NV 89134

JJ interviewing Doc on the Morning Blend Show.



Testimonials from our seniors and volunteers:

*"I volunteer two days a week, four hours each day, meet new people who see the glass half full, fun and exciting."
- Cary*

*"Just moved to SCS, shopped for new golf carts—which were more expensive than my first house. SNTF had a nice golf cart for the right price."
- Bob and Debbie*

*"Have nothing but good things to say about SNTF. I called their number and a live person answered the phone. Had a very warm and meaningful conversation."
- Kathleen*

COMMUNITY BRIEFS

SCS LIFE

PIGEON PESTS

A pigeon infestation that was causing unsanitary conditions at the Highland Falls pro shop led to the airing out of the facility and hiring of a company to keep pigeons away.

The company, Pest Control Solutions, cleaned the roof area and installed pigeon traps on the roof of the pro shop and golf cart garage, as well as one in the ceiling area of the garage to get rid of the birds. The cost for the service was \$2,145.

The Board of Directors also approved monthly service of the traps and cleaning of the areas at a rate of \$460 a month for the next year.

The nine traps set up by the company contain a mixture of seed and Avitrol, a product that acts on the central nervous system of the birds. The company said it would remove the birds humanely but that some might die from eating too much seed.

NORA INCREASE

The first home sales taxed at the higher NORA rate passed by Sun City homeowners have been logged into SCSCAI coffers.

The May NORA contribution report showed 45 homes closing with NORA fees of \$1,913, while the last seven sales were charged the new \$5,000 rate.

The 45 homes generated \$86,095 in New Owner Reserve Assessment fees, while the seven added \$35,000 for a total of \$121,095 for the month.

GOLF BALL WARNINGS

Potential Sun City golf course homebuyers will soon find more warnings about the possibility their homes may be hit by errant golf balls.

Though the warning is already included in the community CC&R's, it will now also be in community rules and regulations and development standards. There will also be periodic warnings published in Link Magazine.

The move approved by the Board of Directors comes after a homeowner on the Highland Falls golf course filed a complaint asking for course changes to be made to stop balls from hitting their home located to the right of the 16th fairway.

The expanded language says that homeowners who buy on the golf course should be aware that they could be hit by golf balls and that the association is not responsible for any damage and not required to modify the golf course.

MISSING CAMERAS

A camera system designed to read the license plates of vehicles in Sun City is only half finished and efforts to find out why have not been answered by the company installing them.

Flock Safety was awarded a contract last November to install the cameras at key spots in SCS. They read license plates and other identifying parts of vehicles so that police can review them in search of criminal suspects.

Six of the planned 12 cameras were installed at the three major entries to Sun City in late January. But six others planned for other entry/exit streets have yet to be installed and SCS staff said as of May 30 they were unable to reach the company to find out why.

The contract approved for 12 cameras in November cost \$37,800, with annual monitoring costs of \$30,000.

GOLF ROUNDS STRONG

Golf play remained strong in May, though slightly below expectations.

A total of 11,475 rounds were logged in May at Sun City's three golf courses, 245 rounds less than had been budgeted for. With one month left in the fiscal year, golfers have played 104,407 rounds, above the 103,130 anticipated for in the budget.

The drop in May golf rounds was mostly due to 205 fewer rounds than expected being played at Eagle Crest.

LETTERS TO THE EDITOR

DEAR EDITOR,

You can't tell your side of the story unless you know the story.

Such is John Berthelsen's predicament, having been removed from his SCS committee positions in Star Chamber fashion, given no reason and no chance to defend himself. He'd get a fairer shake if hit with a parking ticket.

Mr. Berthelsen has a long history of community service, and not the kind ordered by a judge. This past president of the BOD and Mens Club has energetically served on multiple committees, often as Chair. His SCS resume includes Legal, CCOC, Collections, CAP, and Hearing Committees. He's shared with us the community lowdown through Link articles. He has never been known to kick a puppy.

We elect smart, dedicated, fair-minded people to our BOD. There are good reasons for closed sessions, and members hold true to their charge of confidentiality. But the accused ought to be given his say prior to closed-door deliberations. So, tell Mr. Berthelsen the story.

And let's hear his side.

RON MAZANKA

DEAR EDITOR,

I read with great interest your article on the termination of John Berthelsen from his positions on the Architectural Review Committee and the Hearings Committee.

John should know better than anybody that he served at the pleasure of our Executive Director, the Sun City Board of Directors, and the homeowners in Sun City Summerlin. With all due respect for John and all of his efforts over the years Mitzi and the Board, unfortunately, were probably advised not to give him a reason or discuss it with him any further.

John is no stranger to our highly litigious society and it was no doubt under counsel's direction to simply terminate and avoid any sparks that may initiate possible claims against our association.

Should John have been given an explanation, a handshake, and a sincere thank you and goodbye? Of course, but we're not allowed to be kind and considerate to one another anymore. We need to run it by legal first.

I don't believe the lack of a proper thank you and goodbye is personal but only a reflection of the lawsuit happy environment we all live in these days.

Thank you Sir for your service. Your time and talents are very much appreciated. It appears to me you did deserve better.

JOSEPH QUINN

SUN CITY SUMMERLIN HOMEOWNER

DEAR EDITOR,

You probably have little control over this issue, but I would appreciate it if you would ask/press the Post Office to deliver SCS Life to all Sun City residents on the same day.

I always get my copy one to two days later than most of my friends who live in other parts of the community. They start talking about articles before I get my copy. At the very least, this lets me know the current issue is "in the mail."

I can go on-line and read the paper at this point, but I'm just one of those people who likes to hold the hard copy. BTW, thanks for posting all the prior issues on your website. I frequently go back to look for something I read weeks or months ago.

Also, I very much appreciate SCS Life supporting and helping me to promote Music In The Park. Thank You.

Warm regards,

CAROL REED

WE WANT TO HEAR FROM OUR READERS!

If you'd like to submit a letter to the editor, please email them to Eric Dahlberg at edahlbergmcin@gmail.com



A look at May crime in Sun City Summerlin, as reported by the Las Vegas Metropolitan Police Department:

BURGLARY

5-12	2:55 a.m.	10700 Block Heritage Hills Drive
5-20	6:00 a.m.	10700 Block Heritage Hills Drive

FRAUD

5-1	7:37 a.m.	9400 Block Pennystone Avenue
5-5	9:15 a.m.	3000 Block Isaac River Drive
5-14	9:07 a.m.	8500 Block Glenmount Drive
5-23	4:26 a.m.	2700 Block Childress Drive

FORGERY

5-1	8:29 a.m.	2900 Block Haddon Drive
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LARCENY / THEFT

5-19	10:09 p.m.	2500 Block Lotus Hill Drive
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DRUGS / NARCOTICS

5-16	6:09 p.m.	9200 Block Sundial Drive
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DESTRUCTION PROPERTY / VANDALISM

5-17	1:47 a.m.	8500 Block Del Webb Boulevard
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A ministroke can have major consequences

By Paula Span
KFF Health News

Kristin Kramer woke up early on a Tuesday morning 10 years ago because one of her dogs needed to go out. Then, a couple of odd things happened.

When she tried to call her other dog, “I couldn’t speak,” she said. As she walked downstairs to let them into the yard, “I noticed that my right hand wasn’t working.”

But she went back to bed, “which was totally stupid,” said Kramer, now 54, an office manager in Muncie, Indiana. “It didn’t register that something major was happening,” especially because, reawakening an hour later, “I was perfectly fine.”

So she “just kind of blew it off” and went to work.

It’s a common response to the neurological symptoms that signal a TIA, a transient ischemic attack or ministroke. At least 240,000 Americans experience one each year, with the incidence increasing sharply with age.

Because the symptoms disappear quickly, usually within minutes, people don’t seek immediate treatment, putting them at high risk for a bigger stroke.

Kramer felt some arm tingling over the next couple of days and saw her doctor, who found nothing alarming on a CT scan. But then she started “jumbling” her words and finally had a relative drive her to an emergency room.

By then, she could not sign her name. After an MRI, she recalled, “my doctor came in and said, ‘You’ve had a small stroke.’”

Did those early-morning aberrations constitute a TIA? Might a 911 call and an earlier start on anti-clotting drugs have prevented her stroke? “We don’t know,” Kramer

said. She’s doing well now, but faced with such symptoms again, “I would seek medical attention.”

Now, a large epidemiological study by researchers at the University of Alabama-Birmingham and the University of Cincinnati, published in *JAMA Neurology*, points to another reason to take TIAs seriously: Over five years, study participants’ performance on cognitive tests after a TIA drops as steeply as it does among victims of a full-on stroke.

“If you have one stroke or one TIA, with no other event over time and no other change in your medical status, the rate of cognitive decline is the same,” said Victor Del Bene, a neuropsychologist and lead author of the study.

An accompanying editorial by Eric Smith, a neurologist at the University of Calgary, was pointedly headlined “Transient Ischemic Attack — Not So Transient After All!”

The study showed that even if the symptoms resolve — typically within 15 minutes to an hour — TIAs set people on a different cognitive slope later in life, Smith said in an interview: “a long-lasting change in people’s cognitive ability, possibly leading to dementia.”

The study, analyzing findings from data on more than 30,000 participants, followed three groups of adults age 45 or older with no history of stroke or TIA. “It’s been a hard group to study because you lack the baseline data of how they were functioning prior to the TIA or stroke,” Del Bene said.

With this longitudinal study, however, researchers could separate those who went on to have a TIA from a group who went on to suffer a stroke and also from an asymptom-

> See **STROKE**, Page 21

SOURCE: LVMPD Open Data Portal

Beware these Sun City sins!

By John Wood
SCS LIFE

I was going to write about the issue that everyone's talking about: tariffs. I don't understand all the fuss because my 1954 encyclopedia says "tar-IFF" is the sound warthogs make when they're in heat. So, I chose instead to write about a much more serious subject: crime in SCS!

Each month the Las Vegas Metropolitan Police Department reveals the crimes that occur here. They've included assault, blackmail, burglary, counterfeiting, drugs, extortion, forgery, fraud, identity theft, larceny, property damage, robbery, shoplifting, theft, and vandalism, which coincidentally are all the current job openings in Nigeria.

I, however, have compiled several other offenses that occur here each month that the police don't consider crimes. But they should be!

Time's Up. Inviting friends to your dinner party that starts at 6:00. Hello? Older people tend to eat at 4:00 and are asleep by 8:00. Messing with our antique biological clocks could result in a legion of cranky Walking Dead in embarrassing pajamas swarming the community's clubhouses in the middle of the night wondering why they're locked up.

Wine Not? Not bringing wine or an appetizer to a party. Or worse, bringing a half-full bottle of wine or a partially eaten dessert. Confession: It's possible I may have done one or more of these transgressions recently at my friends' parties. But they always let it ride because they know I have the IQ of a leech.

Flakiness. Arriving fashionably late to a party by forty minutes or arriving early by any length of time. If you arrive forty minutes late, everyone will wonder, then worry, what happened to you, so you'd better have a good excuse. If you've done this before, however, they will spend those forty min-



JOHN WOOD
HUMOR

utes discussing everything about you that annoys them. Thus, when you finally arrive, your presence will trigger the same reaction as a dead goose plopping out of the chimney. As for arriving early, you most likely will be "welcomed" by wide-eyed, panicked, half-dressed hosts running around making last-minute clean-ups. Don't expect another invitation.

Checkmate. Writing a check at a store with long lines at each check-out counter. C'mon, people. Lines at stores are long enough without you suddenly whipping out your checkbook, realizing that you forgot to bring a pen, filling out the check improperly, having to redo it, etc. Shoppers want no delays during the checkout process, but not just for convenience. Did you know that long wait lines can also trigger a rare disorder among older people called sleep-standing? On August 14, 2022, one unfortunate Scowhegan, Maine, shopper who was stuck in a long DMV line sleep-stood for six hours and twenty-three minutes, eclipsing the previous record held by Joe Biden.

Beyond Recall. People with short-term memory loss who fill their calendars with activities. What could possibly go wrong? Knock-Knock. You: "Oh...hi Bob (long pause). What brings you to our neck of the woods?" Bob: "Uh, your party's tonight, right?" You: "Um, that was last night, Bob." Bob: I'm so sorry. I've had short-term memory loss for as long as I can remember. But I don't let it get me down. Although I have short-term memory loss, I'm grateful that I don't have short-term memory loss."

SCS resident John Wood is the author of Dispatches from Paradise: Two Years in the Land of Smiles







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YOUR HEALTH

How does Medicare's fall enrollment affect me?

Dear Toni:

I'm stressed about what I need to do to enroll in Medicare because I am working part-time with no benefits, only individual health insurance. I turn 65 in November and need my Medicare and Part D plan to begin Nov. 1.

How does Medicare's fall enrollment period affect me, since I will be applying for Medicare this fall? How can I ensure I enroll in Medicare the right way? Thanks, Toni!

-- Devon from Cleveland

Hi Devon:

Don't stress yourself about the Medicare Open Enrollment (OEP), aka Annual Enrollment Period (AEP), that begins Oct. 15, because you will be in your Medicare Initial Enrollment Period (IEP). This is Medicare's special time for those



TONI KING
HEALTH

who are just turning 65. During your IEP, you can pick the Medicare plan that best fits your medical and financial situation, whether it's Original Medicare with a Medicare Supplement and a stand-alone Medicare Part D plan or Medicare Advantage plan with Part D included.

Next year's OEP/AEP (in 2026 for 2027) is when you can make a change to either the Medicare Advantage Plan or Medicare Part D, depending on what you enroll in when you turn 65. This year's OEP/AEP is not for you, Devon!

Medicare's IEP is a 7-month window that begins 3 months be-

fore the month you turn 65, the month you turn 65, and 3 months after turning 65. If one waits past this 7-month period to enroll then Medicare's Part B and D, penalties can begin. (My Medicare Survival Guide Advanced edition explains enrolling in Medicare in detail for those who are either turning 65 or who are past 65 and leaving an employer health plan, whether retiring or laid off.)

MEDICARE'S IEP TIMELINE IS:

-- If you enroll any time during the 3 months before turning 65, Medicare begins the first day of the month when you turn 65. (Devon turns 65 in November and can enroll in Medicare Parts A and B in August, September, or October (3 months prior) for a Nov. 1 effective date.)

-- If you enroll the month that you turn 65, then Medicare will begin on the 1st of next month. (If Devon enrolls in November, his Medicare will begin Dec. 1.)

-- If you enroll 1, 2, or 3 months after turning 65, then your Medicare will begin the 1st day of the month following enrollment.

Devon, since you are not receiving your Social Security check, you need to create a My Social Security Account through Social Security's website at www.ssa.gov/medicare/

sign-up and enroll yourself online. It is not commonly known that Social Security enrolls Americans in Medicare and that Medicare is not involved in this process.

Once your enrollment in Medicare is finalized on the Social Security website, then you will want to view your Benefit Verification Letter. At that time, you can verify your Medicare Part A and B starting dates with your new Medicare number and enroll in whatever Medicare health and prescription drug plans you would choose. Whether you pick a Medicare Supplement with a stand-alone Part D prescription drug plan or a Medicare Advantage HMO/PPO plan with prescription drug coverage, find a plan that best fits your medical and financial needs.

Good luck, Devon, with enrolling in Medicare the correct way!! Remember with Medicare it's what you don't know that WILL hurt you!

Toni King is an author and columnist on Medicare and health insurance issues. She has spent nearly 30 years as a top sales leader in the field. If you have a Medicare question, email info@tonisays.com or call 832-519-8664. The "Medicare Survival Guide Advanced" edition and her new "Confused about Medicare" video series are available at www.tonisays.com.

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702-805-0082



Stroke

continued from Page 18

atic control group. The team adjusted their findings for a host of demographic variables and health conditions.

Immediately after a TIA, “we don’t see an abrupt change in cognition,” as measured by cognitive tests administered every other year, Del Bene said. The stroke group showed a steep decline, but the TIA and control group participants “were more or less neck and neck.”

Five years later, the picture was different. People who had experienced TIAs were cognitively better off than those who had suffered strokes. But both groups were experiencing cognitive decline, and at equally steep rates.

After accounting for various possible causes, the researchers concluded that the cognitive drop reflected not demographic factors, chronic illnesses, or normal aging, but the TIA itself.

“It’s not dementia,” Del Bene said of the decline after a TIA. “It may not even be mild cognitive impairment. But it’s an altered trajectory.”

Of course, most older adults do have other illnesses and risk factors, like heart disease, diabetes, or smoking. “These things together work synergistically to increase the risk for cognitive decline and dementia over time,” he said.

The findings reinforce longstanding concerns that people experiencing TIAs don’t respond quickly enough to the incident. “These events are serious, acute, and dangerous,” said Claiborne Johnston, a neurologist and chief medical officer of Harbor Health in Austin, Texas.

After a TIA, neurologists put the risk of a subsequent stroke within 90 days at 5% to 20%, with half that risk occurring in the first 48 hours.

“Feeling back to normal doesn’t mean you can ignore this, or delay and discuss it with your primary care

doctor at your next visit,” Johnston said. The symptoms should prompt a 911 call and an emergency room evaluation.

How to recognize a TIA? Tracy Madsen, an epidemiologist and emergency medicine specialist at the University of Vermont, promotes the BE FAST acronym: balance loss, eyesight changes, facial drooping, arm weakness, speech problems. The “T” is for time, as in don’t waste any.

“We know a lot more about how to prevent a stroke, as long as people get to a hospital,” said Madsen, vice chair of an American Heart Association committee that, in 2023, revised recommendations for TIAs.

The statement called for more comprehensive and aggressive testing and treatment, including imaging, risk assessment, anticoagulation and other drugs, and counseling about lifestyle changes that reduce stroke risk.

Unlike other urgent conditions, a TIA may not look dramatic or even be visible; patients themselves have to figure out how to respond.

Karen Howze, 74, a retired lawyer and journalist in Reno, Nevada, didn’t realize that she’d had several TIAs until after a doctor noticed weakness on her right side and ordered an MRI. Years later, she still notices some effect on “my ability to recall words.”

Perhaps “transient ischemic attack” is too reassuring a label, Johnston and a co-author argued in a 2022 editorial in JAMA. They suggested that giving a TIA a scarier name, like “minor ischemic stroke,” would more likely prompt a 911 call.

The experts interviewed for this column all endorsed the idea of a name that includes the word “stroke.”

Changing medical practice is “frustratingly slow,” Johnston acknowledged. But whatever the nomenclature, keeping BE FAST in mind could lead to more positive outcomes.

ADVERTISER SPOTLIGHT

GOLDEN HEART BRINGS COMPASSIONATE SENIOR CARE AND HOSPICE SERVICES TO SUN CITY SUMMERLIN



Bob Swadkins

Sun City Summerlin residents now have a trusted, compassionate partner for aging in place and end-of-life care, thanks to the arrival of Golden Heart Senior Care and its newest service line, Golden Heart Hospice. Owned and operated by local businessman Bob Swadkins, Golden Heart is setting a new standard for home-based care, combining professionalism, personal attention, and heartfelt compassion.

Golden Heart Senior Care has built a strong reputation for providing non-medical home care services that allow seniors to live independently in the comfort and safety of their own homes. With services ranging from companionship, personal hygiene assistance, medication reminders, and transportation, to light housekeeping and meal preparation, Golden Heart tailors care plans to meet the individual needs of each client. Whether it’s a few hours of help each week or 24/7 care, their trained caregivers deliver dignified and respectful support.

Now, Golden Heart is expanding its mission with the launch of Golden Heart Hospice, a full-service licensed hospice agency. This new arm of the company is designed to provide comprehensive care to those in the final stages of life, offering medical, emotional, and spiritual support not only for patients but also for their families. With a team of hospice physicians, nurses, social workers, chaplains, home health aides, and volunteers, Golden Heart Hospice ensures that patients receive the highest level of comfort and dignity during life’s most sensitive moments.

At the helm of both companies is Bob Swadkins, a longtime advocate for senior well-being and family-centered care. With a background in business and healthcare services, Swadkins has made it his mission to ensure seniors in the Las Vegas Valley, especially in Sun City Summerlin, have access to trustworthy, professional care in their later years.

“We know that home is where people want to be,” said Swadkins. “Whether it’s helping someone recover from surgery, supporting daily living activities, or guiding a family through hospice care, our goal is to bring comfort, peace of mind, and heart into every home we enter.”

Golden Heart is currently welcoming new clients and is available to answer questions from families considering senior care or hospice services.

For more information about Golden Heart Senior Care or Golden Heart Hospice, visit www.WeProvideGoldenCare.com or call 702-800-4616.

SCS REAL ESTATE



SCS LIFE photo

Around every corner in Sun City, it seems, there's a For Sale sign on at least one house. On this stretch of Clarion Lane near Eagle Crest Golf Course there recently were three houses in a row up for sale. As of July 1, there were 186 homes for sale in Sun City.

Plenty of homes, not enough sales in SCS

SCS LIFE

There's a lot of homes for sale in Sun City Summerlin, just not enough buyers.

There were 186 homes for sale in SCS at the beginning of June, making it a buyer's market in Sun City. The increase in inventory from 158 a month earlier meant there was more than a four month supply of homes at the current sales rate.

A total of 46 home sales closed in May, down from 51 a month earlier.

The increase in homes on the market is a trend that began a year ago, when there were 71 homes for sale in SCS. Every month since then the inventory has increased while sales have for the most part remained flat. There are 7,781 homes in Sun City.

Buyers and investors hit the brakes in mid-April, making the market soft during what is typically a hot time of the year for home sales.

Of the homes sold in May, six out of 10 were paid for in cash. Other sales slowed as buyers resisted current interest rate levels.

Homes sold in May ranged from a 1,119 square foot Sonora model single family at 9536 Ruby Hills Dr for \$333,500 to \$1,425,000 for a 2,819 square foot Aristocrat model single family at 10537 Shoalhaven Dr.

Of the 186 homes for sale in Sun City Summerlin on June 1, prices ranged from a Bristol model townhouse at 8560 Desert Holly Dr with 1,046 square feet for \$300,000 to \$1,800,000 for a 3,526 square foot expanded Westminster model single family at 11037 Clarion Ln.

MAY HOME SALES IN SUN CITY SUMMERLIN

- 10408 Trenton PL 1,401 SF \$427,600
- 10421 Shoalhaven DR 2,334 SF \$865,000
- 2905 Haddon DR 2,577 SF \$949,900
- 1925 Hot Oak Ridge ST 1,360 SF \$515,000
- 10917 McNeese CT 2,210 SF \$645,000
- 10033 Crescent Creek DR 1,388 SF \$410,000
- 9833 Villa Ridge DR 1,599 SF \$479,000
- 2633 Legend DR 2,115 SF \$699,000
- 9320 Quail Ridge DR 1,179 SF \$352,000
- 10901 Black Ledge AVE 1,165 SF \$435,000
- 2015 Sun Cliffs ST 1,250 SF \$381,300
- 2628 Showcase DR 1,384 SF \$415,000
- 9937 Villa Ridge DR 1,699 SF \$565,000
- 2413 Hidden Glen CT 1,350 SF \$476,000
- 2720 Spalding DR 2,210 SF \$709,900
- 11025 Hawk Valley AVE 1,179 SF \$368,000
- 9536 Ruby Hills DR 1,119 SF \$333,500
- 10557 Shoalhaven DR 1,520 SF \$690,000
- 3000 Morning Ridge DR 1,188 SF \$410,000
- 2345 Hot Brook Point ST 1,520 SF \$570,000
- 9321 January DR 1,179 SF \$410,000
- 3004 Darby Falls DR 2,162 SF \$720,000
- 2232 Beacon Ridge DR 1,520 SF \$590,000
- 2304 Sun Cliffs ST 2,506 SF \$785,000
- 9524 Sundial DR 1,804 SF \$690,000
- 2400 Stadler CT 1,179 SF \$340,000
- 2452 Sunup DR 1,620 SF \$410,000
- 2904 Linkview DR 1,179 SF \$371,000
- 10640 Mission Lakes AVE 2,334 SF \$650,000
- 3108 Endeavor CT 2,176 SF \$585,000
- 2533 Palmridge DR 1,384 SF \$405,000
- 8812 Stoney Point DR 1,653 SF \$550,000
- 2517 Desert Sands DR 1,384 SF \$400,000
- 8904 Marble DR 1,653 SF \$430,000
- 9305 Quail Ridge DR 1,188 SF \$400,000
- 3012 Anna Bay DR 2,601 SF \$712,500
- 10408 Georgetown PL 1,519 SF \$485,000
- 8904 Evening Star DR 1,332 SF \$335,000
- 9449 Grand Mesa DR 1,021 SF \$414,000
- 2708 Hope Forest DR 1,402 SF \$426,000
- 8513 Lynhurst DR 1,384 SF \$372,500
- 2920 Crown Ridge DR 1,804 SF \$547,000
- 8916 Evening Star DR 1,196 SF \$339,900
- 10928 Button Willow DR 1402 SF \$468,000
- 10537 Shoalhaven DR 2,819 SF \$1,425,000
- 10320 Bent Brook PL 1,360 SF \$450,000

Market statistics provided by Michael DelGais, Home Realty Center.

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SCS LIFE Sun City Summerlin's
Independent Monthly

11037 CLARION LANE | 3,526 SF | \$1,800,000



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PUZZLES

THEME: SOCCER

ACROSS

1. Heidi's footwear, pl.
6. * ____ Hamm
9. Humorous anecdote
13. It doesn't take away tomorrow's troubles
14. Like Mother Hubbard
15. Popular pie nut
16. Hiker's path
17. Court
18. Makes better
19. *Number of soccer players on field for each team
21. *Winningest FIFA World Cup country
23. Common inquiries, acr.
24. Carmy Berzatto's restaurant, with The
25. Cul-de- ____
28. In the buff
30. Preacher's platform
35. Poking instrument
37. Smidge
39. Sashay
40. Bald eagle's nest
41. *a.k.a. soccer field
43. Lice eggs
44. Located within
46. 3 squared
47. High rocky hills
48. Post-roller coaster ride state
50. Captain of Nautilus
52. ____ chi
53. Unforeseen obstacle
55. Acronym, abbr.
57. *FIFA headquarters location
60. *Soccer footwear
63. Uninterested
64. Hundred Acre Wood's wise resident
66. Parkinson's drug
68. Pool problem, pl.
69. Romanian money
70. Wooden ship caulking
71. Celt
72. Cotillion ball's main attraction
73. * ____ Alexander-Arnold

DOWN

1. 100 lbs.
2. Elders' teachings
3. Kind of history
4. Widower's feelings
5. Forest spirit

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
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6. Worked over with scythe
7. UN labor org.
8. Sun-dried brick
9. Exclamation, with Louise
10. Palm tree berry
11. ____ Mall, London
12. Ensign, for short
15. a.k.a. Lighthouse of Alexandria
20. *Provide with shin guards, socks and uniform, e.g.
22. Drake's genre
24. Playing roulette
25. *FIFA Women's World Cup current champion
26. Rome's Colosseum, e.g.
27. Singular of cornua
29. Kill (2 words)
31. "By ____ of" or "by means of"
32. "The ____," Dostoyevsky's novel
33. U in UV
34. *Lionel ____
36. Coloring substances
38. Teenager's breakout
42. Relating to blood
45. Dwell
49. African National Congress
51. Central American wildcat
54. Get ____ of someone
56. Highway patrolman's gun
57. "Germinal" author mile ____
58. Desire
59. * ____ Madrid
60. *C in AFC Richmond
61. Puff of marijuana
62. Spin, past tense
63. The Herm's Kelly, e.g.
65. Itty-bitty
67. Invoice qty. 68. Archery bow wood

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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SAVVY SENIOR

Essential legal documents all seniors should have

Dear Savvy Senior,

What kinds of legal documents do I need to help my family take care of me in my elder years? I would like to get my affairs in order but could use some help.

Approaching 80

DEAR APPROACHING,

All adults, especially an older adult like yourself, should have at least five legal documents to protect yourself and your family. These documents will make sure your wishes regarding your estate are legal and clear and will help minimize any conflicts and confusion with your family and your health care providers if you become seriously ill or when you die. Here are the key documents you need, along with some tips to help you create them.

Durable Power of Attorney: This document allows you to designate someone you trust to handle your financial affairs if you become incapacitated.

Advance Directive: This includes two documents that spell out your wishes regarding your end-of-life medical treatment. The two documents are a “living will” which tells your doctor what kind of care you want to receive if you become incapacitated. And a “health care power



JIM MILLER

of attorney” (or health care proxy), which names a person you authorize to make medical decisions on your behalf if you’re unable. To complement your advance directive, you should also consider getting a Physician Orders for Life-Sustaining Treatment – see POLST.org. This is a state specific form that your doctor would fill out that translates your end-of-life wishes into medical orders to ensure your wishes are carried out.

A Will: This lets you spell out your wishes of how you’d like your property and assets distributed after you die, whether it’s to family, friends or a charity. It also allows you to designate an executor to ensure your wishes are carried out and allows you to name guardians if you have dependent children.

In addition to a will, if you own real estate or have considerable assets, another option you may want to consider is a “revocable living trust.” This functions like a will but allows your estate to avoid the time and expense of probate (the public



legal process that examines your estate after you die) and helps ensure your estate’s privacy.

HIPAA Release: This form gives your healthcare provider permission to discuss your medical care and medical bills with those you designate. You may need specific HIPAA release forms for each medical professional or health care establishment you deal with.

DO-IT-YOURSELF

If you have a simple estate and an uncomplicated family situation, there are do-it-yourself resources that can help you create all these documents for a few hundred dollars. Some top-rated options to consider include Quicken WillMaker & Trust software (see WillMaker.com), Trust & Will (TrustandWill.com) and Legal Zoom (LegalZoom.com).

GET HELP

If, however, you want or need assistance or if you have a compli-

cated financial situation, blended family or have considerable assets, you should hire an attorney. An experienced lawyer can make sure you cover all your bases – especially when writing a will or living trust – which can help avoid family confusion and squabbles after you’re gone.

Costs will vary depending on where you reside, but you can expect to pay somewhere between \$500 and \$2,000 for a basic estate plan that includes a will, power of attorney and advance directive. If you want your estate plan to include a living trust, that can run anywhere between \$1,500 and \$5,000.

The National Academy of Elder Law Attorneys (NAELA.org) and the National Association of Estate Planners and Councils (NAEPC.org) are two good resources that have directories on their websites to help you find someone in your area.

If money is tight, check with your state’s bar association (see FindLegalHelp.org) to find low-cost legal help in your area. Or call the Elder-care Locator at 800-677-1116 for a referral.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

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