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Need to Talk to Someone? Your Health Insurance Includes Mental Health
Most health insurance plans, including **Covered California** and even **Medicare**, must cover mental health and substance use disorder services. (I was surprised when I found out that some **Medicare Advantage** plans even cover marital counseling!) Check with your medical group to find counseling that is in network. If your medical group doesn't offer what you need, then call your health insurance company to see what's available. Many providers are also available through online apps. Need to talk to someone right away? Dial **988**.

Show Me Your Odd, Your Confusing Insurance Letters . . . at My Local Summer Office Hours
Come visit the friendly **Optum Los Alamitos** office at 3460 Katella Avenue, Los Alamitos. I'm there alternate Friday mornings from **9-12** on the following **Fridays** from **June through September**: June 9, June 23, July 7, July 21, August 4, August 18, September 1, September 15, and September 29.



Out and About This Summer!
The May **Brookfield Manor** event was fun! (Here I am with my friend and financial guy, **Steve Gibbs**.) During June you have more events to come see! Two of them are **Hoag Medical Group** events where they offer free health screenings. Join me on Sunday, June 4th from 9-2 at the **Hoag Health Fair** at **St. Joachim Catholic Church** at 1964 Orange Avenue, Costa Mesa. Then, I will be at the **Park Plaza Car Show** on Thursday, June 15th from 4-6. The car show will have live music and BBQ food available; **Park Plaza** is at 620 S. Glassell Street, Orange. On Saturday, June 24th come see me at the other **Hoag Health Fair** at **Tustin Presbyterian Church** at 222 W. Main Street, Tustin, from 12-4. Then in August, you're invited to enjoy a continent brunch during my "**Navigating Medicare**" seminar at **Town & Country Manor** in Santa Ana on Wednesday, August 30th at 10:30 a.m. **Town & Country** is at 555 E. Memory Lane, in Orange. And in September, find me at the **Huntington Beach Active Living Expo** with **Welcome Health Medical Group** on Saturday, September 16th from 10-2 at the **Senior Center in Central Park**. My friend **Steve** will host my booth at **Brookfield Manor** from 10-4 on that same September 16th until I get there! **Brookfield Manor** is at 9850 Garfield Avenue, Huntington Beach.

Coming Up: Inexpensive Tip to Keep Your Mate Happy in Bed! (Check with your medical provider first before trying this exotic technique. 😊)

Bedroom Confidential: I was the Woman of His Dreams . . .



Yes, I confess, I would sometimes invade my husband's dreams, but not like you'd expect. He would dream of trucks, dinosaurs, monsters, and even an avalanche once . . . because of my snoring! I spent some major money on a dental appliance that worked for a few years, but after some problems with it, I was noisy again, sigh. I saw an ad for an expensive mouth tape, but instead I researched surgical tapes and discovered 3M Micropore tape! Get the 2" wide kind, cut it a little wider than your mouth, then put it on and go to sleep. The first morning I woke up with it on my pajama sleeve, but the next, I slept quiet, and I slept all night long. I even tape up when I sleep alone. So now you know how I keep my mate happy in bed! (Well, one of the ways, heh.)



New Orange County Senior Advisory Council

I was invited to attend a new **Senior Advisory Council** hosted by **Rep. Young Kim of the 40th District**. Her new area includes Laguna Woods and she wants insight on concerns that seniors have. I brought up an ongoing issue with late enrollment penalties (like Medicare Part D). Let me know any other concerns you'd like me to bring up.

Submitted for Your Approval: Cake Fails



Crustless Spinach Mushroom Quiche

Some days I'm going 60 mph, so it's good to have something wholesome and ready!

1 TBSP butter or your favorite oil (I blend butter and refined coconut oil)

1 10-oz. package sliced mushrooms (I like Trader Joe's)

1 thin slice onion, minced (you can use yellow or red)

1 6-oz. package fresh spinach (Trader Joe's again)

5 eggs (Trader Joe's has them at great prices – are you starting to detect a theme?)

1 cup shredded mozzarella cheese (Smart & Final has the best price)

1-2 TBSP heavy cream or half-and-half

Preheat your oven to 375°F; butter a pie pan and set it aside. Melt the butter in a large skillet, add the onion. When the onion is soft, add the mushrooms and season with fresh pepper and salt; cook until soft (you may want to add more butter). Transfer the mushrooms to another dish with a slotted spoon. Add the spinach to the mushroom liquid and cook down. Meanwhile, beat the eggs in a bowl and add the cream and mozzarella, blending well. Drain the veggies well so the quiche isn't soggy. Add the veg. to the eggs, then pour into the pie plate. Bake for 30 minutes. You can also bake these in muffin cups if you want to get fancy! This makes 8 to 12 slices, depending on size.