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## The Grandparent Chronicles Part I: Which Kind of Grandparent Are You?

### **5 articles, by Adriane Berg, on Retirement.**

Fourteen days from now. That's when I expect my first grandchild to be born. I plan to fly cross country at the last minute and be one of the first to welcome her to our planet.

I will not be the only grandparent there. Her much younger maternal grandparents will be front and center, too.

Our family all agree that we will be very different grandparents. Which makes me wonder...

What kind of grandma am I? What kind of grandparent are you?

Truth be told, I don't envision myself a grandma at all. I see myself more as Auntie Mame. The Travel Grandma, the Worldly Grandma, the Just Dance When Life Gives You a Chance Grandma.

I know what you're thinking: I can't be that kind of grandma until my grandchild grows up a bit and I can drag her by the hand along with me, her pigtails trailing behind. Think again. I already found a rattle that looks like the Taj Mahal and a Shakespeare rubber duck baby bath toy.

Still, I really don't know how I will react when the blessed event takes place.

I am told that becoming a grandparent is life-changing, that hormones react in your own body when the baby is born. Here's what journalist Lesley Stahl wrote in her book, "Becoming Grandma: The Joys and Science of the New Grandparenting": "Then, wham! My first grandchild, Jordan, was born January 30, 2011. I was jolted, blindsided by a wallop of loving more intense than anything I could remember or had ever imagined."

Will that happen to me? I'm far from the first to wonder at my role as a grandparent.

Fifty-four years ago, leading gerontologist Bernice Neugarten did a study for the University of Chicago and concluded there were five types of grandparents...

- The Formal or Traditional, an important part of the family; but, taking a background role. (Not me. I don't bake cookies. I have only supervised visitation with my stove.)
- The Fun Seeker, who plans outings and is a social director for leisure. (Getting warmer...sounds a little like Auntie Mame.)

- The Surrogate Parent, who is stepping into the parental role. (My son would never let that happen.)

- The Reservoir of Family Wisdom (which sounds nice, but I'm too ditzzy for anyone to consider me a Yoda).

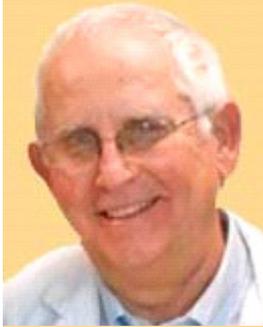
- The Distant Grandparent, who sees children on special occasions and holidays. (Don't exactly like the sound of it...but maybe with Facetime it's ok.)

Do any of these types resonate with you?

You might be a much younger grandparent than Neugarten was studying. By 2015, half of grandparents in the US were boomers, 43% had become grandparents in their fifties, 37% in their forties, with the average age of grandparents being only 48. Only 48!

This is contrary to the image of the white-haired folks that were Neugarten's Formal or Traditional. I'd say she missed the Athletic Grandparent, the Zumba Grandparent, and the Baseball Grandparent. As for the Surrogate Parent, their ranks have grown exponentially. In fact by 2016, 2.7 million US grandparents were raising their grandkids, up 7% from 2009.

*(Continued on back page)*



## Let's Talk Dr. Jerry Shapiro

It is the month of the green and time for St Patrick's Day. Whereas the shamrock refers to the luck of the Irish, here at Uptown we are more about planning to improve your health.

We have greatly expanded our natural product selection over the past 6 months. Continually looking for solutions to problems we hear about the most.

Two of our newer products are Cherry Flex and Blueberry Flex. Many of you have read that Cherry Juice is good for joint pain (and muscle fatigue) and this product is concentrated in a soft gel so you get more of it in convenient dosing. The Blueberry is helpful as an antioxidant. We also brought in a Cherry Flex for pets. Our pets, like us, have more joint pain as they get older.

In the January newsletter I spoke about Prenuphase, which is a carb and sugar blocker. I can speak for my wife and me in that we have lost over 10 pounds each. It allows us to enjoy some foods we have stayed away from such as Pizza, Pasta, Baked Potato and Rice. While we still do not make a

steady diet of foods in these groups we can indulge in them when the mood arises and not feel guilty. Please note nothing replaces healthy eating along with exercise for good health.

It is hard to believe that we are now in our fiftieth year of operation under our ownership. To celebrate you will find weekly specials throughout the year in celebration.

Lastly I would like to remind you that we offer free delivery to the office buildings and the outside areas that are served. Why wait, have your prescriptions filled here so you do not have to stop on the way home.

## FEDS STEP UP BATTLE AGAINST ROBOCALLS

A bipartisan bill introduced recently in the United States Senate would give the Federal Communications Commission broader authority to track down, and take legal action, against businesses making robocalls. These are the unsolicited, automated calls you often receive which deliver a pre-recorded message, and which have been frequently linked to scams and acts of fraud against call recipients.

The Telephone Robocall Abuse Criminal Enforcement and Deterrence (TRACED) Act comes amid reports estimating that the number of these nuisance calls will grow from 29 percent of all phone calls in 2018 to 45 percent of all calls this year.

While the federal legislation will aid in deterring robocallers and prosecuting those who make them, it will still be important to use technology—and good judgement—to protect yourself. Here are a few tips to help keep robocallers at bay.

The most effective remedy is to not share your phone number with anyone

you do not know, and don't answer calls from numbers you don't recognize. If you do answer, don't respond to any invitations to press a number to opt out. That will merely

verify that yours is a working number and make you a target for more calls. Simply hang up instead.

Both iPhone and Android smartphones allow you to block calls and texts to prevent certain numbers from getting through, although this only works after you've received the initial call.

On iPhones, tap the green phone icon on your home screen, select the "Recents" tab on the bottom of the screen, then tap the blue "i" information icon next to the phone number you want to block. Scroll to select "Block This Caller."

For Android phones, the method for blocking calls will vary depending on your specific device and the version of the software you are using. Generally, you will be able to do this from your call log by selecting the number you want to block, then hitting "More" or



the 3-dot menu icon and choosing "Block Number" or "Add to Reject List." Keep in mind, this will not block the callers from reaching you; instead, it will send them

directly to voicemail.

Smartphone users can also consider downloading an app like *Truecaller*, *RoboKiller*, or *Hiya*, which can help identify legitimate callers and block out those that are not.

Finally, list your phone number on the *National Do Not Call Registry*. While this will not prevent unscrupulous callers from contacting you, it will help to limit the number you receive. This is an especially important step for flip-phone users, as these models do not include call blocking options or app capabilities as smartphones do.

Also, if your number is on the registry and you do get unwanted calls, report them. This can help expose and catch callers who are engaging in fraud.



## Hints from JoAnn

**Quick Whipping--** A teaspoonful of cold water added to the white of an egg causes it to whip more quickly while increasing the quantity.

**Moldy Fruit --** What should you do about fruit

with mold? Throw it away rather than simply cutting off the mold, since mold on fruit goes much deeper than what appears on the fruit.

**Broccoli Stalks --** Don't discard the

tough ends of broccoli stalks. Use them for making soups.

**Measuring Honey --** Measuring honey with a spoon is easy but getting it all off the spoon is another matter--so first rub the spoon with margarine.

**Dropping Cookie Dough --** To get cookie dough to drop without sticking dip the spoon in milk first.

**Leftover Pie Dough --** Extra pie dough? Cover it with some parmesan and gruyere cheese and you'll bake a delicious appetizer--at the very same meal with your pie as dessert.

**Easy Shelling --** Pecans are easy to shell if they are first soaked in boiling water for 10 minutes or so. Or microwave 2

cups of pecans or Brazil nuts in 1 cup of water for 5 to 6 minutes on HIGH.

**Storing Cake --** If you store half an apple in the container which you are storing a cake, the cake will retain its freshness.

**Cheesy Apple Pie --** Don't just serve cheese with apple pie, bake it right in. Spread grated sharp Cheddar on the bottom of the crust before adding the apple filling.

**Sticking Cake Layers --** Cake layers sticking to the bottom of the pans? Put them back in a warm oven for a short time. The layers will then come out without a problem.

## KEEP SOCIAL MEDIA FUN, AND SAFE

Social networks are among the most popular websites on the Internet. Facebook has over a billion users, and Instagram and Twitter have hundreds of millions of users each. Recent data from Pew Research found that the share of Americans ages 65 and older who use Facebook has doubled since 2012, when just 20% said they used it.

For many, social media has become an important daily touchstone for staying in touch with family, sharing photos and important events, and even keeping up with the news. While this has revolutionized the ease of staying connected, it has also given rise to concerns over how to keep your identity and data safe while sharing so much personal information in a relatively open forum.

Here are a few tips from experts on how to enjoy social media, while at the same time protecting your privacy.

- Be careful when choosing a profile photo or image. Try not to use photos taken outside your home or

workplace, or that have any addresses or street signs visible.

- Choose a strong password and, if possible, enable two-factor authentication. Beware of password recovery questions such as "What city were you born in?" or "What is the name of your pet?" because their answers can be mined from your social media details. You may want to choose password recovery answers that aren't quite true, but easy for you to remember.
- Most importantly, familiarize yourself with the site's privacy and security settings.

Privacy settings tend to answer the question: "Who can see what?" Here you'll generally find settings which control audience defaults ("public," "friends of friends," "friends only," etc.), location, photos, contact information, tagging, and if/how people can find your profile in searches.

- Security (sometimes called "safety") settings will probably have more to do with blocking/muting other accounts, and if/how you want to be notified if there is an

unauthorized attempt to access your account.

Finally, take advantage of security and privacy "check-ups." Facebook, Google, and other major websites offer "security check-up" features. These tutorial-style guides walk you through common privacy and security settings in plain language and are an excellent feature for users.

Social media is a great tool for staying in touch, and it's also a wonderful way to keep up with the latest news. Keep it fun, but more importantly, keep it safe!

ST. PATRICK REMINISCES ABOUT DRIVING THE SNAKES OUT OF IRELAND



(Continued from front page)

Grandparent-dependent families take many forms today. Our best friends, a high powered international lawyer and a biochemist who probably reengineered the food you are eating right now, have become full-time baby sitters. They world-travel around their schedule of three-day-a-week babysitting and five-day-a-week drives to preschool.

It sounds like a lot, but it can be healthy. A study published in the journal *Evolution & Human Behavior* found that people who helped care for their grandchildren lived an average of five years longer than those who did not. I figure, most of us would like to think of ourselves as the Fun Seeker grandparent.

For the past year, I have been a grief facilitator at Good Grief in Princeton, New Jersey, for kids between the ages of two and four whose parents have died. Let me tell you, fun with little ones is a workout.

I try to learn from Elise, my sister-in-law, the quintessential Fun Seeker grandma. I observed her when her grandson opened the Rock 'Em Sock 'Em Robots we bought him for

Hanukkah. He had a blank look on his face.

Before he could ask Siri what it was, Elise jumped up and started to pummel the air. She pretended to knock herself out and fell on the floor...much to the young man's delight. That's the FUN grandma in action.

These days there are not many truly Distant Grandparents. Technology has seen to that.

My co-grief-facilitator at Good Grief is a long-distance grandma. Her son is in the foreign service. She has traveled to Ecuador, Sri Lanka and now the Maldives to visit her grandchildren. But, despite geography, Carol's not distant. She's forever on Facetime and Skype along with the millions of grandparents comfortable online.

Even grandparents who are not of the digital generation can easily communicate online through programs like grandPad (\$66/month or \$588/year) and SeeYouLink, for which I consult. Rich Brown, Founder of SeeYouLink, tells me that the new buzzword among people who run assisted living facilities is

"engagement." In most facilities, that means Skype and Facebook are available for all. (SeeYouLink is available through many non-profits and in the community rooms at select assisted-living residences. If you have a group of folks that might benefit from its features, or you yourself want to give it a try, you can download the program for a free trial.)

Think about all this, and ask yourself...

What kind of grandparent am I or will I be? A new type? A composite? As for me, I will report to you shortly.

GOD MADE MAN  
BEFORE WOMAN  
SO AS TO GIVE  
HIM TIME TO  
THINK OF AN  
ANSWER FOR  
HER FIRST  
QUESTION.

## The Best Way to Accept an Apology

When you're the hurt party, it's best to open your heart and graciously accept a sincere apology. Healing gets stalled if we refuse to accept the olive branch or if we use the other person's apology as a springboard to bring up more criticisms or rehash old grievances.

**Wrong way to accept an apology.** "I'm glad you apologized, but maybe next time you'll think about how much you hurt me when you say things like that."

**Better way.** "Thank you for the apology." There may be more you need to say on the subject, but save it for a future conversation when it won't cancel out the apology and make the other person think, *What's the point?*

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