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## No Match for This Crowd

By Nick Marnell



Online dating has been destigmatized and business is booming.

Match.com, an online dating site, purchased OKCupid, a rival, for \$50 million in 2011. Zoosk, an online dating app, filed for a \$100 million IPO in April. Tinder, a much less formal connection app, claims 10 million ephemeral matches per day.

According to a 2013 Pew Research Report, 59 percent of all Internet users agreed with the statement that "online dating is a good way to meet people," up from the 44 percent who said so in 2005. But the biggest stunner in the report: 3 percent of adults 50-64 years old met their partner online.

With a demographic sporting a 3 percent matchmaking success rate, this reporter decided to take his chances, and jump into the morass.

The first thing I did was search for pictures of myself from five years ago to post in my profile. But I was told that was not the way to go. To be as fair as the rest of the participants, I should use photos at least 10-15 years old.

I determined to not interact with any woman who used the word "must" in her profile: "Must like dogs." "Must love to dance." Must move to the next candidate. A few other buzz words forced me to hit delete: "Generous." "Enjoys the finer things in life." Of course, once a woman of that ilk saw that I earned a newspaper reporter's salary, I was never in jeopardy of having her respond anyway.

So I clicked through the profiles, and every so often one struck me. I would write the lady a nice email about how much I enjoyed reading her profile and how well written it was. After about a half dozen non-responses, it dawned on me that the women were looking for a boyfriend, not an editor.

I wanted to keep it simple and meet someone from Lamorinda. In

the category that I chose – women aged 50-63 – the site selected 11 women from Moraga, 11 from Orinda and 42 from Lafayette, which made me think about moving to Lafayette.

My first get together was with a teacher from Benicia. We met at a café and one of the first comments she made was that I looked just like my photos. Considering that I am the most non-photogenic person in Lamorinda, I wasn't sure how to take that. She appeared to be in shock; honest photos online are apparently a rare occurrence. Nothing developed with her; she was just looking for a "friend."

I went on a date with a professional woman from San Ramon who looked a bit like Cameron Diaz. We met at a café in Lafayette but a woman whom I knew came to our table and said hello and made a big fuss over me. My date was not impressed. Things did not work out with her either.

A few days later, I received an email from a woman in Lafayette who worked for the county. She commented that my profile sounded like it was written by a reporter. And she still wanted to get to know me. We exchanged emails and agreed to go out for a glass of wine. But I found out that even scheduled dates are like most other things on an online dating site: not quite as they appear.

When I wrote to confirm our plans, I received this message from her: "Oh, sorry, I'm taking off to Tahoe. Maybe we can get together when I return." Maybe not.

Frankly, navigating the online dating scene is work. The number of dead ends, the contacts with no photos, the hidden profiles – it's enough to make me head to my Moraga coffee shop and ask the woman whom I've had a crush on for months if she'd go to an Oakland A's game with me.

The chances that she says yes have got to be at least 3 percent.

### Samira Says



Samira Davi is a Nurse Liaison for ManorCare Health Services in Walnut Creek. Samira has over 10 years of experience working in health care in Contra Costa County, which has gained her a wide view of what is important to the health care consumer. She will be posting common questions and comments in each issue of the Lamorinda Weekly. You are welcome to contact Samira directly at 925.270.8766

**"My surgeon says I'll need physical and occupational therapy. I'm retired—why do I need occupational therapy?" David, 73**

I met David during pre-surgery tours of ManorCare Walnut Creek and Tice Valley. He was finally having a knee replacement after years of discomfort and increasing pain. David's question isn't uncommon, most patients new to rehab have questions about the different therapy disciplines they'll be working with at ManorCare. Orthopedic patients like David will participate in an intensive rehab program including both physical and occupational therapy (PT and OT, respectively).

**Your PT program has four main components:** Pain management and reduction, neurological rehabilitation, range of motion, and increased strength and endurance. Your PT is trained in multiple modalities of pain management, including electrical stimulation therapy, or E-stim. E-stim is one way to enhance your recovery and decrease pain associated with injury, surgery or nerve damage. You will work on walking, transfers (getting out of bed!), stairs and exercises specific to your recovery needs.

Like the PT program, your OT sessions will be based on comprehensive evaluations of your prior level of function, current level of function, and ultimate goals for "graduating" and going home. As I explained to David and others with similar questions, the "occupational" in OT refers to the tasks required for living, not for a specific job. Your Occupational Therapist will work with you to adapt your environment should you need to (i.e. utilizing a shower chair or a reacher). You'll learn how to safely perform Activities of Daily Living (things like bathing, dressing, managing a kitchen, homemaking) both during your recovery and after you have gone home so that you can get back to your life safely and successfully.

While David doesn't need Speech Therapy, this discipline is part of some treatment programs. A Speech Language Pathologist focuses on diseases of communication and speech. Depending on your needs, a SLP will work on cognitive exercises, swallowing techniques, or determining helpful communication techniques both for you and for those communicating with you.

David's individual treatment program included both PT and OT. His PT helped him learn how to navigate stairs and long distances without injuring his new joint. His OT taught him how to safely get dressed, take a shower and live as independently as possible in his home. I called David at home to check in, and he tells me that he is strong and independent! The best thing he told me: "I couldn't have done it without Joe and Maria". Joe was his PT and Maria his OT. This is the best part of my job: hearing how great people are doing after they graduate and go back to their lives.

For more information please visit [www.manorcare.com](http://www.manorcare.com).  
For a short video visit us on YouTube: [www.youtube.com/hcrmanorcare](http://www.youtube.com/hcrmanorcare)

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Walnut Creek, CA 94595, 925.906.0200  
ticevalley@manorcare.com

## 9/11 Remembrance and Candlelight Vigil

Submitted by Jim Minder



Photo Doug Kohen

With the goal to never forget the events that happened on Sept. 11, 2001, The Lafayette Flag Brigade will be holding its 13th Annual 9/11 Remembrance and Candlelight Vigil from 4 to 8 p.m. Thursday, Sept. 11 at the El Curtola Bridge, Highway 24 overcrossing near the 680 Freeway in Lafayette. The event, which is held annually to honor those lost during attacks at the World Trade Center, the Pentagon and on Flight 93, will include a large flag display, the Travis Air Force Base Honor

Guard and their Flag Folding Ceremony, local Blue Star Moms and Operation Postcard, as well as the Lafayette Boy Scouts color guard. There will also be a special 13th anniversary music program, and historical artifacts will be on display. The candlelight vigil will begin at dusk. This is a family oriented, educational, and non-political event, where all groups are welcome. Free 9/11 commemorative flags for children. For more information, visit [www.neverforget911.com](http://www.neverforget911.com).