



Quail Call

Published by the Lake San Marcos
Community Association

"BUILDING A BETTER COMMUNITY"

March 2023

The Quail Call is a monthly publication of the Lake San Marcos Community Association

The Quail Call accepts advertisements from local businesses who wish to use a low-cost highly-targeted publication to reach their customers.

Email: quailcall@lsmca.com for information.

Copies of the printed Quail Call are mailed to all members of the Association and include articles of past and present activities from local clubs and organizations in addition to the advertisements.

The Community Association also publishes articles of special interest to its members in health, civic activities and learning.

Thank you to our community, for your continued support as we celebrate **20 YEARS OF SERVICE** in Lake San Marcos and all of San Diego! We have changed and grown a lot over that time, but one thing remains consistent - ***our dedication to our clients and our community!***

1560 Circa Del Lago D301, LSM	\$185,500	FOR SALE
2010 W. San Marcos #131	\$575,000	FOR SALE
1039 La Reina, LSM	\$4,250	FOR RENT
940 Sealane, Encinitas	\$7,000	FOR RENT
1560 Circa Del Lago D304, LSM	\$352,000	IN ESCROW
1131 La Casa, LSM	\$920,000	SOLD

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List price: \$1,195,000



1009 La Reina, 2 bed/2bath golf course home.
List Price \$849,900



**Las Brisas Pacifica, 2010 S. San Marcos
Blvd, #50, 3 bed/2 bath, ocean view. List
Price: \$625,000. Representing the buyer**



1869 San Pablo 3, bed.2 bath lake front home.
List price: \$1,299,000-1,399,000



The Chateau #D304. 2 bed/2bath.
List price: \$352,000.
Representing the buyer

OUT-OF-AREA

1446 Camino Islay. 2 bed/1 bath. IN ESCROW
List price \$639,000 representing the buyer

RENTALS

**921 La Fiesta Lane Beautiful Lakefront 3 br 2 ba., over
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The Chateau, 1616 Circa Del Lago, #C212.
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Seniors' Dental Care Declines After Medicare Kicks In



Without dental coverage, many American seniors on Medicare stop getting the fillings and crowns they may need, a new study finds. The result isn't pretty. "Without dental coverage for adults who are eligible [for] Medicare, we are seeing a rise in loss of teeth after age 65 among nearly 1 in 20 adults, which represents millions of Americans," said Dr. Lisa Simon, a resident in the Department of Medicine at Brigham and Women's Hospital in Boston. "Older adults have the lowest rates of dental insurance in the U.S. and cost is a major barrier for many in seeking dental care," Simon said in a hospital news release. "We know that Medicare, by covering medical services, improves health outcomes and reduces racial health inequities among older adults, but it has the exact opposite effect for dental care." Researchers examined changes in dental care and oral health for older adults who became eligible for Medicare using national data from the 2010-2019 Medical Expenditure Panel Surveys. Surveys included community-dwelling adults ages 50 to 85. The traditional version of Medicare does not include dental coverage. Although Medicare Advantage plans can offer dental services, the extent of coverage varies. Among more than 97,000 people, researchers found the number receiving restorative dental care dropped dramatically. The research team also found an almost 5 percentage point increase in the number who lost all their teeth after they turned 65 and became eligible for Medicare. The total number of annual dental visits did not change. However, the number of visits for restorative procedures, such as fillings or crowns, decreased by nearly 9 percentage points. Adults who lose their teeth are at higher risk of poor nutrition, lower quality of life and progression of mental impairment, according to the researchers. "Loss of teeth can have a number of negative downstream effects," Simon said. "It's associated with many geriatric conditions, including frailty and cognitive function." The study was not able to follow the seniors for long periods. Authors noted that the changes in dental care could also reflect other changes at age 65, including retirement or receiving Social Security income. "Our findings capture the magnitude of the problem but also point to the opportunity to improve oral health care access and outcomes, should policymakers expand Medicare coverage to include dental services," Simon said. The research was supported by the U.S. National Institute on Aging and the U.S. National Institutes of Health. Study findings were published in the February 2023 issue of the journal Health Affairs.

What This Means for You

Skipping restorative dental care ups the odds of poor nutrition, frailty and mental decline.

Credit to: Cara Murez



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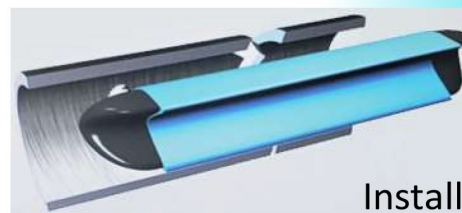
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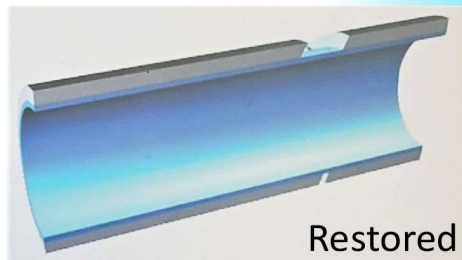
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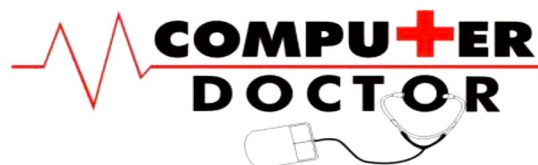
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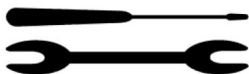
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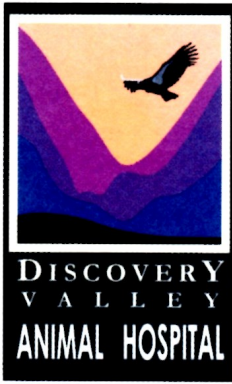
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March 2023 | Volume 19, Issue 3

Published monthly by Lake San Marcos Community Association
For advertisement pricing & contract or an article send an Email
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Copy must be received by 5 PM on the 19th of the month to be published
in the following month.

Dan Worrells, Editor | Adela Franco, Associate Editor |
Barbara Dove, Associate Editor

This Month's Editor

Dan Worrells



The Lake San Marcos Community Association is a voluntary mutual benefit, non-profit corporation established to protect and promote the interests of residents in Lake San Marcos. For a copy of our objectives, please refer to our website. We publish an informative monthly newsletter, *"THE QUAIL CALL."*

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The Board of Directors meet monthly on the second Thursday of each month at 4:00PM.

Minutes of the Board meetings are posted in the Association office.