

# BRIGHT OUTLOOK

August 2009



## This month:

- SeniorServe Annual Luau  
Thursday, Aug. 13 See page 5 for details.



## CITY OF HUNTINGTON BEACH SENIOR SERVICES

MICHAEL E. RODGERS SENIORS CENTER  
1706 Orange Ave, Huntington Beach, CA 92648  
(714) 536-9387

SENIORS OUTREACH CENTER  
1718 Orange Ave, Huntington Beach, CA 92648  
(714) 960-2478

Open Monday - Friday 8:30 a.m. to 5:00 p.m.

### HB COUNCIL ON AGING EXECUTIVE BOARD

*Don MacAllister, President*  
**Judy Ann Morris**, 1<sup>st</sup> Vice President  
**Dr. Richard Sax**, 2<sup>nd</sup> Vice President  
**Jules Hooper**, Secretary  
**Celine Keeble**, Assistant Secretary  
**Carol Settimo**, Treasurer  
**Martha Nishida**, Assistant Treasurer  
**Adria Thomke**, C.F.O.  
**Cathy Meschuk**, Past President

### BOARD MEMBERS

Candace Bartsch	Jean Granger
Ralph Bauer	Beth Hamblton
Joel Blitzman	Father Christian Mondor
Stan Cohen	Susan Montoya
Bob Dettloff	Pat Mullins
Norma Brandel Gibbs	Carol Settimo
Jane Burke	Dave Sullivan
Dale Dunn	Jay Vogelsang
Beverly Fleming	Dick White
Linda Gallagher	

### CITY COUNCIL LIAISONS

Cathy Green      Gil Coerper      Keith Bohr

### STAFF

**Randy Pesqueira**, Executive Director  
**Teri Simonis**, Office Assistant  
**Chris Cole**, Recreation Coordinator  
**Diane Swarts**, Volunteer Services Coordinator  
**Susan Abbond**, Office Staff  
**Carole Davis**, Office Staff  
**Jean Faulkner**, Office Staff  
**Michelle Yerke**, Social Worker  
**Vickie Costilow**, Social Worker  
**Michael Slater**, Social Worker  
**Cheryl Robinson**, Social Worker  
**Brandi Kelly-Contreras**, Transportation Coordinator  
**Ray Adams**, Asst. Transportation Coordinator  
**Jean Payne**, Dispatcher  
**David Downs**, Driver  
**Ken Johnson**, Driver  
**Ron Lesovsky**, Driver  
**Dan Livermore**, Driver  
**June McCann**, Driver  
**John McGrew**, Driver  
**Charles Nelson**, Driver  
**Craig Schaum**, Driver  
**Phillip Smith**, Driver  
**Diane Stanton**, Driver  
**Jan Gooder**, Meals to the Home  
**Mary Siegel**, Senior Services Aide  
**Bev Schulte**, Senior Services Aide  
**Bernie Garcia**, Custodian  
**Phillip Roy**, Assistant Custodian  
**Frank Garcia**, Assistant Custodian

### TLC/ SENIORSERV STAFF

**Pat Mullins**, Manager  
**Pat Masino**, Kitchen Supervisor

### COMMUNITY SERVICES DEPARTMENT

**Jim Engle**, Director  
**Janeen Laudенback**, Superintendent,  
*Recreation, Human & Cultural Services*

## HBCOA PRESIDENT'S MESSAGE

Hello all,

A big thank you to the HBCOA Marketing Committee for all of their hard work on the 4th of July Parade entry. They used a Senior Services bus that was hand painted with portraits of seniors riding the bus. There is a picture on page 12 of this issue for you to see.

Our new web site, [www.hbcoa.org](http://www.hbcoa.org), was officially launched on July 3rd. If you have not visited it yet please do. Also you might see your picture since we have used many pictures taken by Diane Swarts' husband. Thank you Duke for all the pictures!

As we move forward we hope that many of you will take the opportunity to read the Bright Outlook on our web site instead of having us mail you a copy. This way you can help us to save postage that can be used for other senior needs. You will also help save a tree. Currently we mail more than 2000 Bright Outlooks per month. Simply put your e-mail address down on your renewal form when it comes time to renew your membership.

Reminder - only a few weeks left before September 12th, Senior Saturday, at the Pier Plaza just north of the Pier. There will be many interesting items to see, fun and food for all, plus entertainment, and items to buy. Thanks to our Marketing Committee, we will have a "new look" for the HBCOA booth for Senior Saturday. Do stop by!

We are looking for more advertisers for our Bright Outlook. If you are interested or know of someone who might be, please contact Chris Cole at Rodgers Senior Center. His number is (714) 374-1710.

Do you have a suggestion or idea? Please let us know. Remember your regular board meets monthly on the first Thursday of each month at 9am at Rodgers Senior Center. All are welcome.

Yours,  
**Don MacAllister**  
 President



## **SENIOR SERVICES**

The **Michael E. Rodgers Seniors Center** is a focal point for an array of programs and services important to the quality of life for the seniors in our community. The center is a multipurpose facility and offers opportunities for community involvement and companionship with a wide range of social, recreational, and educational programs promoting wellness.

A hot lunch is served daily at the center. Classes at the senior center are offered through the Community Services Department, as well as other classes offered through the Huntington Beach Adult School and Coastline College. Many of the services offered are free. Classes range from free/low cost to regular fees.

Please stop by the front desk for any further information on services, activities, classes and upcoming events or call us at **714-536-9387**.

**Seniors Outreach Center** - Representing the Frail and Elderly in our Community.

The Seniors Outreach Center provides services that assist the frail and elderly in the city with their physical, emotional and nutritional needs through professionally trained staff and volunteers. The center's goal is to promote self-sufficiency and independence for seniors. Outreach offers information & referral, a Meals to the Home program, a city-wide transportation program, care-management and a mobility equipment lending service. Please call **714-960-2478** for more information.

The following is a list of services and activities offered through senior services, please check the calendar for dates and times.

### **General Services and Activities**

- AARP Safe Driving Classes
- Care Management Information & Referral
- Income Tax Assistance
- Legal Counseling
- Meals to the Home
- Monthly Dances
- Saturday Bridge
- Notary
- Surplus Food Distribution
- Daily Care Calls
- SeniorServe Lunch
- Program
- Transportation
- Utility Tax Exemptions
- Volunteer Opportunities
- Utility Tax Exemption

### **Medical Services**

- Low Vision Classes - Braille Institute/Support Group
- Blood Pressure Testing
- Preventive Healthcare for Adults
- H I C A P (Health Insurance Counseling Advocacy)

### **Classes and Clubs**

Please see the calendar on pages 14 and 15 for an overview of our many classes and clubs.

**T**he Huntington Beach Council on Aging would like to encourage you to participate in a special way of giving. In addition to yearly renewals, you also have the chance to increase your membership, be listed in the monthly Bright Outlook, the HBCOA website www.hbcoa.org and have your name on display in the lobby of Rodgers Seniors Center. Sound good?

Your donation helps the Huntington Beach Council on Aging continue in their mission to “respond to the evolving needs of our senior citizens of Huntington Beach through advocacy and direct action on their behalf.”

The HBCOA has a long history of service to seniors in Huntington Beach. Together with the City, HBCOA has worked over the years to develop a state of the art transportation program, a teaching computer lab, and numerous programs and services. The HBCOA continues to provide funding for a part-time social worker position, a vital element of Seniors Outreach. Funding is also provided for instructors, activities, parties and dances at the Rodgers Seniors Center. Thanks to donors like you, these programs and services will continue to enhance the lives of Huntington Beach Seniors.

The Huntington Beach Council on Aging is there to help. Your donation will go a long way. Please note 2009 sponsors on the back page.



I WANT TO JOIN THE HB COUNCIL ON AGING AND ADD MY SAY TO THE VOICE OF SENIOR CITIZENS.

- New member  Renewal \_\_\_/\_\_\_/\_\_\_
- I have enclosed a self-addressed stamped envelope for my membership card. Date
- I will pick up my membership card at the Seniors Center.
- Please contact me about Volunteering !**
- I wish to support the efforts of the HBCOA with my tax deductible contribution of \$\_\_\_.
- I do not wish to receive the Bright Outlook by mail with my membership.

**Membership Donor Level - Please check one**

- \$5 General  \$100 Bronze
- \$250 Silver  \$500 Gold  \$1000 Platinum  Other

**Bronze, Silver, Gold, and Platinum members will be recognized monthly in the Bright Outlook**

PLEASE PRINT

NAME \_\_\_\_\_ PHONE ( ) \_\_\_\_\_  
Last First

ADDRESS \_\_\_\_\_  
Number Street Space/Apt City Zip

E-MAIL \_\_\_\_\_

The \$5 annual membership fee includes a subscription to the **Bright Outlook** newsletter. You must renew annually.

Any amount over \$5 will be considered a donation and not credited toward future membership.

Make your check payable to **HBCOA** and mail to: 1706 Orange Avenue, Huntington Beach, CA 92648

**HBCOA Tax ID# 51-0179431**

## NEWS AND ANNOUNCEMENTS

**G**reetings everyone,  
 Hope the summer is treating you well and finding you “cool”. Beat the heat with plenty of water, always stay hydrated! Community SeniorServ and the Senior Center have a wonderful luau planned for **August 13**, so please sign up early and plan to enjoy some great entertainment and a non-alcoholic tropical drink bar – brought to you by the Huntington Beach Council on Aging.

For those of you who enjoy kicking up your heels now and then, please join us in a regional event: **Cowboy Boogie Woogie – Senior Line Dance Party**. This event will host up to 400 line dancers for some fun boot scootin’ and will be held at the Cypress Community Center. Polish your boots and mark your calendars for **Friday, August 28** from 3 – 6 PM. Tickets are \$10 and will be available at the front desk at Rodgers along with further information.

Randy Pesqueira  
 Executive Director

### Monthly Ballroom Dance

**\$5**

Friday, August 14, 2009  
 7:30 - 10:30 p.m.

Singles  
 Welcome

Featuring the  
**Bob Warren Trio**



Come wearing your  
 Hawaiian best!

### Thank you Adam's Donuts

For the past several years, Victor Pang from our Aloha Seniors has been delivering donuts on a weekly basis from **Adam's Donuts**. Victor volunteers his time and the donut shop donates the donuts. Even though we encourage healthy snacks, if you get a craving for a sweet treat stop by Adam's Donuts on Adams Ave. and Magnolia St.

### SeniorServ Annual Luau

Aloha! Come join us for our annual Luau on Thursday, August 13 at 11:30 a.m. Wear your muumuus or best Hawaiian shirt and have a drink from the tiki bar! Entertainment that day will be a performance from our very own Aloha Seniors and a special appearance from Tupua, a Micro/Polynesian cultural group featuring dancers, drums and traditional dance attire. Our dancers have a new dance they have been working and we can't wait to see it. Please be our guest courtesy of our sponsors below.

Reservations required in person at the lunch desk. If you are not on our roster, you must fill out a registration form prior to the event between the hours of 9am and 1pm.



***The Economy is down and so is the Rent***  
**at**  
***HUNTINGTON VILLAS SENIOR APARTMENTS***

Active seniors, come see our lovely community, located just about two miles from the beach. Ask about our one (1) bedroom as low as \$1,230.00 or you may want to inquire about a one bedroom + den for only \$1,350.00. Need two bedrooms + 2 baths, just \$1,450.00

*Also featuring:*

- Gated community.
- Pool, spa & barbecue area.
- Accept section 8 housing voucher.
- Walking distance to shopping center, market, banks, drug store, ect.
- On-going activities in our spacious two-story recreation center.
- Activities include: exercise & crafts classes, bible study, bingo, poker games, church services, dinners and much, much more.
- All utilities free with this special.
- Private balcony & patio.
- Laundry room & trash chutes on each floor.
- Free Parking.

**Call (714) 887-8024**

*16171 Springdale Street, Huntington Beach, CA 92649*

**YOU COULD SAVE UP TO 10% OFF CAR INSURANCE  
WITH ONE ONLINE CLASS.\***

**Our Mature Drivers Improvement Course is:**

- CA DMV-approved
- Designed for drivers over 55 years old
- Backed by a full money-back guarantee

**Save 20% off a course price of \$26.99!**

USE DISCOUNT CODE:

**SV123**

Visit **[www.driversed.com/maturedrivers](http://www.driversed.com/maturedrivers)**



\* Talk to your insurance agent for qualifications.

## VOLUNTEER NEWS

*The influence of a beautiful, helpful character is contagious, and may revolutionize a whole town.  
Collier Graham*



### SENIOR SATURDAY

We need volunteers to help with the *Senior Saturday Community Festival*. Available shifts include:

Early Birds 6:30 - 10:30 am

Leisurely Starters 10:30- 3:00pm

No matter the time it is always fun at Pier Plaza. Besides providing vital information regarding senior services, this event supports Huntington Beach senior programs. To volunteer or get additional information, please call Diane Swarts (714) 374-1544, [dswarts@surfcity-hb.org](mailto:dswarts@surfcity-hb.org)



As summer winds down and you plan your fall schedule, please consider working with our senior population. We have many volunteer

positions. To discuss the variety of opportunities available, contact Diane Swarts (714) 374-1544. [dswarts@surfcity-hb.org](mailto:dswarts@surfcity-hb.org)

### BLOOD PRESSURE



**Free blood pressure testing is provided by Huntington Beach Hospital on August 4th. Come to the Rodger's front desk from 10:30 -11:30 .**

**For these or other opportunities, contact Diane Swarts**

**714-374-1544 [dswarts@surfcity-hb.org](mailto:dswarts@surfcity-hb.org)**

### BRIGHT OUTLOOK ASSEMBLY

**Room D Rodgers Seniors Center  
Thursday, August 20, 2009**

**Music, donuts, coffee, fun!!!**

**All are welcome. Bring a Friend!**



### The Age Wave

**LAST CHANCE  
SIGN-UP NOW!**



Huntington Beach Senior Services is offering a free five-week class on aging. *The Age Wave: Are you ready for the Ride?* to prepare volunteers and caregivers.

The class will be held on Wednesdays, September 30—October 28, 2009, from 9:00 – 11:30 a.m. at Rodgers Seniors' Center and includes CPR training. Huntington Beach Senior Services staff will cover the following topics:

- Myths and Realities of Aging
- Maintaining Boundaries
- Communication & Active Listening
- The Grieving Process
- Baby Boomers Redefining Aging
- Signs & Symptoms of Elder Abuse
- Special Needs of the Homebound Elderly
- Aging Network & Community Resources

*Free CPR Class is Included*

Whether you plan to volunteer in the senior community or care for an aging loved one, this class prepares volunteers and caregivers to better serve seniors.

The Age Wave is an expected 64% increase in the senior population over the next few years. In Huntington Beach, there will be 53,000 seniors who are parents, neighbors, friends, and loved ones. Are you ready?

To register or for additional information please contact, Diane Swarts, Volunteer Services Coordinator (714) 374-1544 [dswarts@surfcity-hb.org](mailto:dswarts@surfcity-hb.org)

# Your **source** for security.

Specializing in Certificates of Deposit, IRAs, Money Market accounts and FDIC insurance coverage.



## CapitalSource Bank

7146 Edinger Avenue, Huntington Beach • tel: 714.375.7400

Member FDIC

[capitalsourcebank.com](http://capitalsourcebank.com)

FAMILY OWNED & OPERATED




HERITAGE  
MEMORIAL  
SERVICES  
FUNERALS ■ CREMATIONS ■ BURIALS

DIRECTORS AVAILABLE  
24 HOURS

Dennis J. Gallagher - FDR 970  
Linda J. Gallagher - FDR 1066

- PERSONALIZED SERVICE WITHOUT THE HIGH COST
- SIMPLE CREMATION & YACHT SERVICES
- SERVING ALL CEMETERIES
- IN-HOME ARRANGEMENTS

**714-842-2400**

17712 Beach Boulevard  
Huntington Beach



[www.HeritageMemorialServices.com](http://www.HeritageMemorialServices.com)  
Lic.# FD-1734

## Edward's Hair Salon

*Family Atmosphere  
Professional and Nice Stylist*

\*Special for Senior (over 55) on Tue & Wed.

\*Hair Cut **\$12** (reg. \$14)

\*Shampoo & set **\$13** (reg. \$16)

\*Perm **\$35** (reg. \$40)

\*Cut & Set **\$23** (reg. \$25)

\*Perm & cut & set **\$50** (reg. \$55)

5942 Edinger Ave. Suit 110  
Huntington Beach, CA 92649  
Edinger & Springdale (Von's Area)

**(714) 840-8997**

→walking welcome

Mon – Fri: 9-7pm

Sat: 9-6pm

Sun: 10-5pm



# Stress-Free Travel Starts at City Hall

## City of Huntington Beach Passport Acceptance Facility




**Hours: Monday - Friday**  
8:00 am - 5:00 pm (excluding holidays)

For more info, call **(714) 374-1600**  
[www.surfcity-hb.org/passports](http://www.surfcity-hb.org/passports)

**City Clerk's Office • Huntington Beach Civic Center, 2nd Floor • 2000 Main St. (at Yorktown)**

**For first time passports bring the following information with you:**

- ✓ Original Certified Birth Certificate (abstracts are unacceptable) or Naturalization Papers
- ✓ Two Passport Photographs
- ✓ Valid Driver's License
- ✓ Checks/Money Orders
- ✓ Children 15 & Under need to appear with both parents or a written, notarized consent from their non-appearing parent



We accept your application for Passport and forward all forms and documents to the UNITED STATES DEPARTMENT OF STATE...THEY PROCESS YOUR PASSPORT.

**PASSPORT CHARGES** (check or money order only)

**ADULT PASSPORT** (Age 16 & Over)  
**\$75.00** Payable to US Department of State  
**\$25.00** Processing fee payable to City of Huntington Beach

**CHILD PASSPORT** (Age 15 & Under)  
**\$60.00** Payable to US Department of State  
**\$25.00** Processing fee payable to City of Huntington Beach

**PASSPORT CARD** Payable to US Department of State  
 Adult **\$20.00**, Child **\$10.00**

**RENEWAL PASSPORT FEE** (By Mail Only)  
**\$75.00** Payable to US Department of State

**EXPEDITE FEE** **\$60.00** Payable to US Department of State  
 PHOTO SERVICES AVAILABLE: TWO FOR \$10.00



**Our caring, competent caregivers let you stay at home ...where you want to be!**

Since 1999, we have provided quality 24/7 caregiving utilizing the highest level of experience, knowledge and resources throughout Orange County and surrounding areas.



**(800) 755-4818**  
**(714) 545-4818**

2900 Bristol St., D108,  
 Costa Mesa, CA 92626

[www.competentcaregiving.com](http://www.competentcaregiving.com)

- ♥ Long- or Short-term Caregiving
- ♥ Patient Evaluations & Assessments
- ♥ CNAs & CHHAs are Employees
- ♥ Bonded & Insured

If you or a loved one needs skilled home nursing care, please visit [www.competentcare.com](http://www.competentcare.com).

## Home Equity Access for Seniors



- Not a Reverse Mortgage, Line of Credit or Insurance Product!
  - Zero Closing Costs & Zero Interest Charges!
  - Debt Free Monthly Payments to You!
  - No Income Used to Qualify!
- Simple Flexible Solutions for Seniors**



**Dave Cano**  
 Cell: (714) 397-8900

Robert Solomon, Inc. dba Securacare.com | Approved NestWorth Business Partner  
 500 North State College Blvd., Ste 1100 - Orange, CA 92668 (714) 771-8530 ext. 147  
 The information contained above was effective June 18<sup>th</sup>, 2009, and is subject to change without notice.  
 CA DRE License #01316309 - #00990075

"The City of Huntington Beach and the Huntington Beach Council on Aging, make no warranties, presentations, or claims concerning the quality, quantity, or availability of services advertised in the Bright Outlook, and they reserve the right to exercise such discretion as they may deem appropriate in the selection of advertising material to be published in the Bright Outlook. By viewing this section you agree not to hold the City of Huntington Beach, the Huntington Beach Council on Aging or its affiliates liable for the content of any advertisement, or for any delays, inaccuracies, errors or omissions in the transmission or delivery of such content. Your viewing/use of this section signals your acceptance of these terms, conditions and guidelines."

## NEWS AND ANNOUNCEMENTS

### HUNTINGTON BEACH SENIOR SERVICES RESOURCE GUIDE

#### Huntington Beach Senior Services

*Michael E. Rodgers Seniors Center*

**714-536-9387** Recreation, education, nutrition, socialization, physical fitness

**Seniors Outreach Center 714-960-2478**

Transportation, care-management, meals to the home, information & referral

**Seniors on the Go Transportation**

**714-374-1742** Appointments 9 a.m.—3 p.m.

#### Huntington Beach Council on Aging (HBCOA)

**714-536-9387** Recognized by the Huntington Beach city council as representing its local senior citizens [www.hbcoa.org](http://www.hbcoa.org)

#### Orange County Office on Aging 800-510-2020

Referrals for senior services in Orange County  
[www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)

**Info Link-2-1-1 or 1-888-600-4357** 24-hour assistance & referrals to countywide health and human services for all ages [www.infolinkoc.org](http://www.infolinkoc.org)

#### Alzheimer's Family Services Center

**(714) 593-9630** For persons with Alzheimer's and related dementia [www.afscenter.org](http://www.afscenter.org)

#### Adult Protective Services (APS) 800-451-5155

Prevents physical abuse, financial abuse and neglect of elder and disabled adults  
[www.ssa.ocgov.com](http://www.ssa.ocgov.com)

#### Caregiver Resource Center 800-543-8312

Caregiver support, respite care, and education  
[www.caregiveroc.org](http://www.caregiveroc.org)

#### Social Security Administration 714-966-2466

17075 Newhope Ste B, Fountain Valley, CA 92708 [www.ssa.gov](http://www.ssa.gov)

### SURF CITY SENIOR PROVIDERS NETWORK

The Surf City Senior Service Providers Network, a forum founded by Huntington Beach Senior Services to address senior issues and concerns and improve communication between interested professional and community organizations, meets bi-monthly.

Thank you to Rescue Alert of California and Mission Home Care Services for co-sponsoring a lunch for 70



professionals at the meeting on June 19, 2009.

Rescue Alert is a provider of medical alert systems to assist those who are at risk of losing their independence. They are also a partner with Huntington Beach Senior Services in ensuring low-income clients have access to medical alert systems. [www.rescuealertofca.com](http://www.rescuealertofca.com), 1-866-774-9600

Mission Home Care provides affordable,



dependable, non-medical caregivers so ensure continued independence and safety in the home.  
[www.missionhomecareservices.com](http://www.missionhomecareservices.com) 949-735-1722  
On Thursday, August 20, 2009, from 1:00—2:30 p.m., Surf City Senior Providers Network will meet at Huntington Terrace.

For more information call 714-960-2478.

### SENIOR SERVICES REMEMBERS

DORIS ADAMS 9/4/1913-4/27/2009

OLIVE HARRISON 3/12/1908-6/15/2009

BETTY KASPAROFF 9/2/1928-6/20/2009

BETTE SCHESTOPOL 1/19/1920—  
6/24/2009

ESTER CASE



## SENIORS OUTREACH

*Facilitating independent living and developing a plan for facing late-life transitions*



### Dear Marci- Medicare Rights Center

Dear Marci,

My husband was recently admitted to the hospital with a broken hip. He can leave the hospital soon, but I am unwell myself and I'm worried I won't be able to take care of him properly. Will Medicare pay for him to stay in a nursing home until he is able enough to take care of himself?

—Brooke (Austin, TX)

### **Dear Brooke,**

Medicare will pay for a limited number of days (As long as it is medically necessary, Medicare will pay the full cost of the first 20 days and part of the cost of another 80 days of care in a Medicare-certified skilled nursing facility (SNF) each benefit period. A benefit period begins the day you enter the SNF and ends when you no longer receive SNF care for 60 days in a row. ) in a "skilled nursing facility" (SNF) only if your loved one had been admitted to a hospital as an in-patient for three days in a row within 30 days of admission to the SNF, requires daily skilled nursing or therapy services, and receives the care in a Medicare-certified SNF.

A SNF is a Medicare-approved facility that provides short-term post-hospital extended care services at a lower level of care than provided in a hospital. If you do not meet the Medicare SNF requirements, you may qualify for Medicare to pay for some home health care.

**The Medicare Rights Center** (MRC) is the largest independent source of Medicare information and assistance in the United States. Founded in 1989, MRC helps older adults and people with disabilities get high-quality, affordable health care.

**For more information or referrals on aging  
Call Seniors Outreach  
714-960-2478**

### Health Tip



Our bodies need water more than food, sleep or even exercise to stay active. Water cushions and lubricates brain and joint tissue, and helps regulate body temperature. So when you are out enjoying the warm weather this summer, it is very important that you remember to stay hydrated!

For older adults, especially, the need to be aware of water intake is important. As we grow older, we often drink less than our bodies need. So here are some tips to make sure you are getting your prescribed daily intake:

- ⌚ Have a beverage that you enjoy with every meal and snack. A glass of water or a cup of juice can really help. Even caffeinated drinks, while they should not be your primary source of hydration, can contribute to your daily water needs.
- ⌚ Don't exclusively rely on thirst. As we age, our bodies lose the ability to detect thirst. Also, certain medications can cause dehydration.
- ⌚ Eat more fruits and vegetables. Most fruits have 80 to 90 percent water content. They are a great supplement to drinking plain water.
- ⌚ Use the color of your urine as a guide. If the color is light yellow or clear, you're drinking enough fluids. If it is dark yellow, you need to drink more.



### **GIFT YOUR VEHICLE**

*A win-win situation*

Gift the vehicle you are no longer driving to Project Self Sufficiency and deduct the car value from your taxes. Project Self-Sufficiency is a nonprofit program which assists motivated, low-income, single-parents achieve economic independence from public assistance. For more information or to donate your vehicle, Call 714-960-2478 and ask to speak to the Social Worker of the day.

## TRANSPORTATION

*SURF CITY SENIORS ON THE GO*



### TRANSPORTATION SERVICES

(714) 374-1742

Senior Services provides transportation each weekday, from 8:30 a.m.—4:30 p.m., for all your transportation needs within Huntington Beach. The *Surf City Seniors on the Go* program buses seniors to Rodgers Seniors Center for the congregate lunch program, classes and activities. Medical Transportation is also available to Hoag Memorial Presbyterian Hospital, Fountain Valley Regional Hospital and to Orange Coast Memorial Hospital.

*A Volunteer Escort is available to provide extra assistance on errands and appointments. When you book your ride, tell dispatch you need an escort.*

Our transportation appointments fill quickly. Please give as much notice as possible. **Five days notice is required.** *Same day service is offered on a space available basis.*

**24 hours notice is required for cancellations.** Call 714-374-1742 between the hours of 9:00 a.m. and 3:00 p.m. to schedule your ride. New client intakes are done after 3:00 p.m. Although, there is **no charge to seniors** for transportation, **donations are appreciated.** Transportation's cost averages \$6.00-10.00 per ride and your generous donations as well as grant monies keep our wheels rolling.

### TIP OF THE MONTH

*WHEN YOU GET YOUR BRIGHT OUTLOOK, BOOK THE RIDES FOR THE ENTIRE MONTH FOR THE MOVIES YOU ARE INTERESTED IN.*

### WE GET MAIL



*"Thank you. Thank you very much. God Bless America. God Bless the H.B. Council on Aging. God bless all the wonderful volunteers."*

*"Just a note of thanks to all the wonderful people at the Outreach Center. Especially the Tuesday morning grocery trips. Dave, Dennis and all others I appreciate the services. Couldn't get along without it."*

*Dear Transportation & HBCOA, I wanted to thank you for driving my mom to the Senior Center. She enjoys the activities. It helps me because I have 2 small children & a job. I feel good that my mom has something to do.*

We post all of your letters, greeting cards and notes of appreciation on a bulletin board in the Transportation Center for all to read. Your missives of appreciation encourage our volunteers and let them know how much you value their service.

You can give your note directly to your driver, or mail it to Seniors Outreach Transportation, 1718 Orange Avenue, Huntington Beach, CA 92648.



**OUR JULY 4TH TEAM  
JOHN, CHUCK, PAT, RON, DAVE, ED  
(PHIL NOT PICTURED)**

PLANTAR FASCIITIS, HEEL SPUR, ARCH PAIN, NEUROMA, BUNION

# FOOT EFX

18904 Brookhurst St.  
Fountain Valley, CA 92708  
[www.footefx.com](http://www.footefx.com)



BALL-OF-FOOT PAIN, FALLEN ARCH, HAMMERTOE, FOOT FATIGUE

***FOOT COMFORT is essential for Well Being!***

We can help you balance weight distribution on two feet to the most of stability, support, and comfort.

- **Certified Pedorthist** on staff will help you individually.
- Custom-fit, American made, most effective foot Arch Supports.
- Leading brands of Comfort Shoes in extra widths, extra sizes.
- **Diabetic Shoes** under your **Medicare** as primary insurance.

## (7 1 4) 9 6 2 - 8 8 3 3

Magnolia Ave.	Brookhurst St.	405	Talbert Ave.
			Ellis Ave.
		★	Garfield Ave.

**\$10.00 Discount**  
for Senior Customer  
Over \$100 Purchase

In Shopping Center at northeast corner of  
Garfield Ave. behind McDonald's

# Earn 4% to 5%

## Guaranteed Fixed Rates




*Tax-deferred  
or  
income  
generating,  
CD-Type Fixed  
Annuities!!!*

***No Teaser Rates!***  
*These rates are fixed  
for the entire term of  
the contract!*

•**Top Carriers**•

### (714)969-7100

 **KABANA FINANCIAL**  
2124 Main St., Ste. 140  
Huntington Beach, CA 92648

May be subject to tax penalties on withdrawals if owner is younger than 59 1/2. Prior to opening account, rates are subject to change. CA Ins. License #0773602

## Are you 62 years of age or older? Are you a homeowner? Financial security may be closer than you think. Have you considered a **REVERSE MORTGAGE?**

- You do not lose ownership of your home!
- Eliminate current mortgage payment burdens.
- Gifts to heirs. You can help your children buy their first home, or send a grandchild to college

For a free informational DVD or any questions, please call 800-216-6322.

For free information 24 hrs a day please visit  
[www.62homefree.com](http://www.62homefree.com)

Bill Gaffney  
Certified Mortgage Planning Specialist



714-848-4549 office  
800-216-6322 toll free  
[Bill@morningstarmortgage.com](mailto:Bill@morningstarmortgage.com)



**MONDAY**

**TUESDAY**

**WEDNESDAY**

9:00	Poker	G	3
9:00	Italian	E*\$	
9:30	<b>HICAP</b>	<b>C*</b>	
9:30	Stick Exercise	O	
10:00	Cribbage	G	
12:30	Bingo	A\$	
1:00	Chess Club	C	
2:00	Beginning Bridge	C*\$	
5:00	Italian	E*\$	

8:30	Oil Painting	D*	4
9:00	Computer Lessons	L*\$	
9:00	Fish & Rec Club	E	
9:30	Pinochle	G	
10:30	<b>Blood Pressure</b>	<b>3</b>	
11:00	Int. Bridge Class	C	
12:30	Speak Up	E	
12:30	Aloha Seniors	B	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	

9:00	Wednesday Walkers	O	5
9:00	Computer Lessons	L*\$	
9:00	Rubber Stamp Art	C*\$	
9:00	Wii Bowling	G	
9:30	Stick Exercise	O	
9:30	Singing Goodtimers	D	
10:00	Stamp Club	C	
10:00	<b>Attorney</b>	<b>3*</b>	
10:30	Aerobics Level I	B*\$	
11:30	Mah Jongg	G	
1:00	Western Line Dance	AB*	
2:00	AA Meeting	E	
2:00	Tap Dance	D*\$	

TLC Lunch<sup>s</sup> Monday - Friday. at 11:30 a.m.

9:00	Poker	G*	10
9:00	Italian	E*\$	
9:30	<b>HICAP</b>	<b>C*</b>	
9:30	Stick Exercise	O	
10:00	Cribbage	G	
12:30	Bingo	A\$	
1:00	Chess Club	C	
2:00	Beginning Bridge	C*\$	

8:30	Oil Painting	D*	11
9:00	Computer Lessons	L*\$	
9:30	Pinochle	G	
9:30	Ukulele—Beginning	E*\$	
10:45	Ukulele—Next Step	E*\$	
11:00	Int. Bridge Class	C	
12:30	Speak Up	E	
12:30	Aloha Seniors	B	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	

9:00	Wednesday Walkers	O	12
9:00	Computer Lessons	L*\$	
9:00	Rubber Stamp Art	A*\$	
9:00	Wii Bowling	G	
9:30	Stick Exercise	O	
9:30	Singing Goodtimers	D	
10:00	Life Story Writing	C	
10:30	Aerobics Level I	B*\$	
11:30	Mah Jongg	G	
12:30	Western Line	AB*\$	
2:00	AA Meeting	E	
2:00	Tap Dance	D*\$	

TLC Lunch<sup>s</sup> Monday - Friday at 11:30 a.m.

9:00	Poker	G	17
9:00	Computer Lessons	L*\$	
9:00	Italian	E*\$	
9:30	<b>HICAP</b>	<b>C*</b>	
9:30	Stick Exercise	O	
10:00	Cribbage	G	
12:30	Bingo	A\$	
1:00	Chess Club	C	
1:00	History of Folk Music	D*	

8:30	Oil Painting	D*	18
9:00	<b>Healthcare</b>	<b>3*</b>	
9:00	Computer Lessons	L*\$	
9:30	Ukulele—Beginning	E*\$	
10:45	Ukulele—Next Step	E*\$	
9:30	Pinochle	G	
11:00	Int. Bridge Class	C	
12:30	Speak Up	E	
12:30	Aloha Seniors	B	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	

9:00	Wednesday Walkers	O	19
9:00	Computer Lessons	L*\$	
9:00	Rubber Stamp Art	E*\$	
9:00	Wii Bowling	G	
9:30	Stick Exercise	O	
9:30	Singing Goodtimers	D	
10:00	Stamp Club	C	
10:00	<b>Attorney</b>	<b>E*</b>	
10:30	Aerobics Level I	B*\$	
11:30	Mah Jongg	G	
12:30	Western Line	AB*\$	
2:00	AA Meeting	E	
2:00	Tap Dance	D*\$	

TLC Lunch<sup>s</sup> Monday - Friday at 11:30 a.m.

9:00	Poker	G	24
9:00	Computer Lessons	L*\$	
9:00	Italian	E*\$	
9:30	<b>HICAP</b>	<b>C*</b>	
9:30	Stick Exercise	O	
10:00	Cribbage	G	
12:30	Bingo	A\$	
1:00	Chess Club	C	
1:00	History of Folk Music	D*	
2:00	Bridge	E*\$	

8:30	Oil Painting	D*	25
9:00	Computer Lessons	L*\$	
9:30	Pinochle	G	
9:30	Ukulele—Beginning	E*\$	
11:00	Ukulele—Next Step	E*\$	
10:45	Int. Bridge Class	C	
12:30	Speak Up	E	
12:30	Aloha Seniors	B	
2:00	Int. Bridge Class	C	
2:00	Hawaiian Crafts	A	

9:00	Wednesday Walkers	O	26
9:00	Computer Lessons	L*\$	
9:00	Rubber Stamp Art	A*\$	
9:00	Wii Bowling	G	
9:30	Stick Exercise	O	
9:30	Singing Goodtimers	D	
10:00	Life Story Writing	C	
10:30	Aerobics Level I	B*\$	
11:30	Mah Jongg	G	
12:30	Western Line	AB*	
2:00	AA Meeting	E	
2:00	Tap Dance	D*\$	

TLC Lunch<sup>s</sup> Monday - Friday at 11:30 a.m.

9:00	Poker	G	31
9:00	Computer Lessons	L*\$	
9:00	Italian	E*\$	
9:30	<b>HICAP</b>	<b>C*</b>	
9:30	Stick Exercise	O	
10:00	Cribbage	G	
10:30	Aerobics Level I	B*\$	
12:30	Bingo	A\$	
1:00	Chess Club	C	

**AUGUST**

**THURSDAY**

**FRIDAY**

**SATURDAY**

9:00 Computer Lessons L*\$ 6 9:00 COA Board Meeting D 9:00 Tai Chi Chuan B* 10:00 Yoga E*\$ 11:00 Yoga E*\$ 12:00 Poetry C 12:30 Bridge E 12:30 Bingo A\$ 3:00 Spanish E*\$ 6:30 Woodcarving Class E	9:00 Phys Ed B 7 9:00 TOPS D\$ 9:00 Computer Lessons L*\$ 9:30 Pinochle G 9:30 Mental Gymnastics E* 10:00 Free Your Mind C* 10:30 Handy Crafters D 12:30 Afternoon Movie A 12:30 <b>Notary</b> 3* 2:00 Italian E*\$ 3:00 Line Dance—Intro A*\$	9:00 Zumba Gold A*\$ 1 9:00 Spanish—Medical E*\$ 10:30 Senior Empowerment B*\$
13 9:00 Computer Lessons L*\$ 9:00 Healthcare 3* 9:00 Tai Chi Chuan B* 12:00 Poetry C 12:30 Bridge D 12:30 Bingo B\$ 2:00 PC Buddy Club D 3:00 Spanish E*\$ 6:30 Woodcarving Class E	14 8:30 Food Distribution B 9:00 TOPS D\$ 9:00 Computer Lessons L*\$ 9:30 Mental Gymnastics E* 9:30 Pinochle G 10:00 Free Your Mind C* 10:30 Handy Crafters D 3:00 Line Dance—Intro A*\$ 2:00 Italian E*\$ 7:30 <b>Ballroom Dance</b> A\$	15 9:00 Zumba Gold A*\$ 10:30 Senior Empowerment B*\$
20 9:00 Computer Lessons L*\$ 9:00 Tai Chi Chuan B* 12:00 Poetry C 12:30 Bridge E 12:30 NO—Bingo B*\$ 3:00 Spanish E*\$ 5:00 Radio Club E 6:30 Woodcarving Class E	21 9:00 Computer Lessons L*\$ 9:00 TOPS D\$ 9:30 Pinochle G 10:00 Free Your Mind C* 10:30 Handy Crafters D 12:30 Afternoon Movie A 12:30 <b>Notary</b> 3* 2:00 Italian E*\$ 3:00 Line Dance—Intro A*\$	22 9:00 Zumba Gold A*\$ 10:30 Senior Empowerment B*\$
27 9:00 Computer Lessons L*\$ 9:00 Tai Chi Chuan B* 10:00 <b>Attorney</b> 3* 12:00 Poetry C 12:30 Bridge E 12:30 Bingo A\$ 2:00 PC Buddy Club D 3:00 Spanish E*\$ 6:30 Woodcarving Class E	28 9:00 Phys Ed B 9:00 Computer Lessons L*\$ 9:00 TOPS D\$ 9:30 Mental Gymnastics E* 9:30 Pinochle G 10:00 Free Your Mind C* 10:30 Handy Crafters D 12:30 Afternoon Movie A 2:00 Italian E*\$ 3:00 Line Dance—Intro A*\$	29 9:00 Zumba Gold A*\$ 10:30 Senior Empowerment B*\$



*All dates and times on this calendar are subject to change. Not all activities are listed on this calendar.*

INDEX	
A-B-C-D-E-G-L-3.....	Room #'s
O.....	Outside
\$.....	Participation fee
*.....	Appointment or registration needed

**2009 PLATINUM HBCOA SPONSORS**

DreamCatchers Handy Crafters Hoag Memorial Presbyterian Hospital Orange Coast Memorial Medical Center  
Ken & Martha Pollock Franciska Ritchey

**2009 GOLD HBCOA SPONSORS**

Farmers & Merchants Bank Huntington Beach Hospital Florence Jarvis Nancy McGlinchey  
John McGrew Ron & Judy Shenkman Marjorie Swain Ayjay & Nancy Wilson

**2009 SILVER HBCOA SPONSORS**

CapitalSource Bank Mark & Gini Billes Susan Caron Jess & Marie Carranza Jr. DeLillo Chevrolet Victor & Susan Cohn  
Bill & Marge Crawford Dale Dunn Carol Finney First Bank Kay Hong Jules & Pat Hooper Sumner Kaufman  
Don & Marilyn MacAllister John & Linda McGovern Susan Montoya Poetry for Pleasure Rancho Del Rey Mobile Estates Residents  
Aileen Santiago Craig & Joann Schaum Phil & Judi Smith Howard & JoAnn Umehira Barry & Marsha Waldman Barbara Weber

**2009 BRONZE HBCOA SPONSORS**

LaDelle Ankerstar Ingrid Banks Larry & Marilyn Barker Richard Batistelli Ralph & Charlene Bauer Joan Berry Dorothy Bonham  
Vivian Borns Placido & Carmen Borruso Sherry Bullock Lorrin & May Chee June Corie Violet Cowden Kathy D'Ambra  
Robert & Shirley Dettloff Carl & Joyce Dieda Dorothy Duthie Linda Eide Carolyn J. Fahnestock Miguel Fernandez Jr.  
Irene Fillmore Marge Finlay Beverly Fleming Mickey Flicker Betty Foreman Lorraine Garafalo Norma Brandel Gibbs  
Chuck & Fran Goetz Orpha Gorman Jean Granger Dick Harlow Tina Hass Bette Lu Hastie Betty Hickey Josephine Hill  
Dorothy Hovland Florence Howard Montelle Hull In Memory of Marti & Frank Schneider Ken & Janet Johnson  
Mary Julienne Cliff & Judy Kam David & Jane Kropp Janeen Laudenback JoAnn Lawson Rolla & Felecia Lewis  
Dianne & Tom Livengood Sue Magnante Margaret Mahoney Lois Maynard Edna Ann Mays  
Robert & Cathy Meschuk John Miller Susumu & Thelma Miyashiro Janet Mobley Fr. Christian Mondor, OFM  
Bill & Judy Ann Morris K. & M. Nishida Elmer & Liz Phibbs John Piccorillo Preferred In Home Care Inc Ann Radke  
James & Jennifer Robins Stanley & Elinore Rodriguez Everett Roe Roger & Judi Rohrdanz Rotary Club of Huntington Beach  
Drs. Janed & Richard Sax Beverly & Walter Schulte Carol Settimo Mary Segel Willa Sigler Marie Slovacek Joseph Spingaerd  
Charles & Rose Stevens David & Kathleen Sullivan Jonkie Suwarsa Fred & Satsuyo Tanaka Mary Titmarsh  
William Tomsic Evalena Tuell Peggy Romano Volpert Donald Wallace Catherine Walter  
Billie Wells Dick & Dr. Barbara White Tom & Jean Worden Lou & Olga Zulka

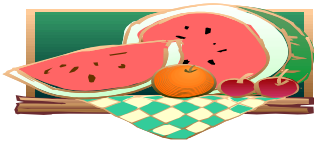
**Dated material  
Please deliver by 1st  
of the month**



NONPROFIT ORGANIZATION  
U.S. POSTAGE PAID  
HUNTINGTON BEACH, CA  
PERMIT NO. 444

City of Huntington Beach  
Huntington Beach Council on Aging  
1706 Orange Avenue  
Huntington Beach, CA 92648





## Huntington Beach Senior Lunch Program – August 2009

(714) 536-8404 Show up early, meals may sell out!

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>Ms. Friday's Fish w/ Tartar Sauce</b> Scalloped Potatoes Scandinavian Vegetables Wheat Roll <i>*Gelatin w/ Fruit</i>	<b>Spaghetti w/ Sausage Sauce/ Parmesan Cheese</b> Romaine Salad w/ Honey Sesame Dressing Sourdough Roll Banana Pudding <i>*Diet Lemon Pudding</i>	Farmer's Soup/ Crackers <b>Deli-Style Pastrami &amp; Swiss Cheese Sandwich on Rye Bread/Mustard</b> Diced Zucchini w/ Dressing Fruit Salad	Cream of Celery Soup/Crackers <b>Quiche w/ Diced Tomato &amp; Zucchini</b> Caesar Salad w/ Dressing/Croutons Wheat Roll Cookie/ <i>*D. Cookie</i>	<b>Chicken Alfredo w/ Fettuccini Noodles &amp; Sauce</b> California Blend Vegetables Dark Grain Roll Apricots
10 ☆	11 ☆	12	<b>RESERVATIONS</b>	☆
<b>Beef Fajitas w/ Vegetables &amp; Sour Cream</b> Spanish Rice Pinto Beans Flour Tortilla Mandarin Oranges	Farmers Soup/ Crackers <b>Holly Farm Chicken</b> Baby Baker's Potatoes Whole Wheat Roll Vanilla Pudding <i>*Diet Pudding</i>	<b>Vegetable Lasagna</b> Green Salad w/ Honey-Sesame Dressing Sourdough Roll Sliced Pears	<b>Hawaiian Luau Menu!</b> <b>Beef Teriyaki</b> Hawaiian Rice Capri Blend Veg. Hawaiian Roll Tropical Fruit Salad	Split Pea Soup/ Crackers <b>BBQ Meatballs Sandwich on French Roll</b> Coleslaw Cake w/ Topping <i>*D. Cake w/ T.</i>
17 ☆	18	19	20	21
<b>Turkey Pot Roast w/ Gravy</b> Peas & Carrots Rosemary Redskin Potatoes Wheat Roll Assorted Cookie <i>*Diet Cookie</i>	<b>Beef w/ Mushrooms</b> Egg Noodles Chef Cut Vegetables Wheat Roll Seasonal Fresh Fruit	Vegetable Soup/ Crackers <b>BBQ Pulled Pork Sandwich on Wheat Roll</b> Coleslaw Canned Fruit	Egg Drop Soup/ Crackers <b>Kung Pao Chicken</b> Steamed Rice Asian Blend Veg. Butterscotch Pudding <i>*D. Vanilla Pudding</i>	<b>Salisbury Steak w/ Burgundy Sauce</b> Mashed Potatoes Romaine Salad w/ Ranch Dressing 7 Grain Roll <i>*Jello</i>
24 ☆	25	26	27	28 ☆
<b>Pork Loin w/ Herb Gravy</b> Yams w/ Marshmallows Green Peas Whole Wheat Roll Canned Fruit	<b>Stuffed Pepper</b> Mashed Potatoes Green Salad w/ T. Island Dressing Multi-Grain Roll Tapioca Pudding <i>*Diet Pudding</i>	Potato Soup/ Crackers <b>Chicken Caesar Salad w/ Croutons/ Dressing</b> Wheat Dinner Roll Fruit Turnover <i>*Diet Cookie</i>	<b>Meatball Stroganoff on Egg Noodles</b> Mixed Vegetables Wheat Roll Seasonal Fresh Fruit	Minestrone Soup/ Crackers <b>Roast Turkey w/ Gravy</b> Stuffing Broccoli Florets Cinnamon Butter Streusel Cake <i>*D. Butterloaf Cake</i>
31				<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 - \$3.50</b>

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All \* desserts are *Sugar-Free*. 1% milk served daily. ☆ Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls



SeniorServe



# Annual Luau

Thursday, August 13, 2009

10:30 a.m.



Aloha Seniors



Tupua

Sponsored by:



Reservations required at lunch desk.

Michael E. Rodgers Seniors' Center

1706 Orange Ave.

Huntington Beach CA 92648

Call (714) 536-8404 for more information.

