

# THE MIGHTY OAK

April 2016

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

## Volunteer Appreciation Week, April 10 - 16 Fabulous Fifties Volunteer Appreciation Party SCV Senior Center Volunteers Rock Around the Clock!

By Robin Clough, Volunteer & Recreation Coordinator

The SCV Senior Center will celebrate National Volunteer Week, April 10 - 16, with a Fabulous Fifties Appreciation Party to honor volunteers for their extraordinary impact. Certificates of appreciation will be presented by Mayor Bob Kellar. This blast to the past event will include delicious diner delicacies and peachy keen prizes. Volunteers will be entertained by a Rockin' Robin Tap Dance Performance, the LipStix Lip Syncers, Joanna & Johnnie Jivin' Duet, and a dreamy tune by Linda & Chris. The room is sure to be filled with poodle skirts and T-bird jackets for the Best 50's Outfit Contest.



National Volunteer Week is a time dedicated to demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our

goals. It is about taking action and encouraging individuals and their respective communities to be at the center of social change - discovering and demonstrating their collective power to make a difference.

The SCV Senior Center is thankful for the collective power of 300 volunteers who commit to the mission of promoting

quality of life for seniors. From students to rocket scientists, these volunteers ensure critical services are provided to the seniors of the Santa Clarita Valley. Every weekday as the sun rises, volunteers pack lunches for nearly 300 homebound seniors. Recipients look forward to the arrival of volunteer drivers who bring a warm lunch and kind word. This may be the only meal they receive that day, and the driver may be their only human contact. Lunchroom volunteers serve 200 lunches daily at the Center and even leave the kitchen spotless! Volunteer

assistance is invaluable in Support Services to ensure crucial resources and services are obtained. They help facilitate classes, assist in the Adult Day Program, are on the front lines of fundraising, and so much more. Volunteers play a key role in the SCV Senior Center's ability to serve seniors and the community.



The SCV Senior Center is grateful to those who support the Fabulous Fifties Volunteer Appreciation Party: Summerhill Villa Senior Living for their generous sponsorship of volunteer shirts, Via Promotions, KHTS Radio for door prizes, and the tireless work and creativity of Decoration Committee volunteers Wayne Burns and Linda Pippin for transporting us back to the 50's.



Join the SCV Senior Center Volunteer Team, and share your passion for helping others! Contact Robin Clough: 661.259.9444, rclough@scv-senior-center.org

### What's Inside?

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## Bach/Bacharach/Beatles



**“Three B’s”**  
Silvertones Concert

**Thursday, April 28**

**2:45– 4:30 p.m.**

**SCV Senior Center Dining Room**

*Donations Accepted*

Did you know that Bach influenced pop music?

Do you appreciate the sophistication of a Burt Bacharach tune?

Do the Beatles still mystify and excite you?

If so, you won't want to miss the

Bach / Bacharach / Beatles (“Three-B”) performance by the Silvertone Singers and instrumental ensemble.



## Knowledge is Power: Aging with Dignity Symposium

*Caregiver Resource Day*

*A day for individuals caring for a loved one to find resources, information, and support they need.*

Event located at:  
**Henry Mayo Newhall Hospital**  
Education Center  
23845 McBean Parkway  
Valencia, CA 91355

**Saturday, May 7, 2016**

**Morning Session:**

**9:00 am – 1:30pm**

**Afternoon Session:**

**1:30 – 3:30pm**

*Keynote Speaker:*

**Changes in Law Affecting Seniors in 2016**

Jane McNamara, Esq.

Elder Rights Attorney, McNamara Law Firm, PC

*Program Topics*

**Knowledge is Power – Know Your Options**

Panel Presentation

**Advances in Healthcare - Panel Presentation**

**Alliance Open Forum**



Featuring 20+ vendor booths staffed by experts that specialize in caregiving issues, support, & advice.

Registration fee of \$10.00 includes all sessions, resource materials, access to vendors, continental breakfast, and lunch. Make your reservation early; seating is limited.

For more information, please call SuzAnn at (661) 259-9444 or email at [snelsen@scv-seniorcenter.org](mailto:snelsen@scv-seniorcenter.org).

### Caregiver Resource Day REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email Address \_\_\_\_\_

**1 Registration form per guest, please form may be duplicated**

**Registration Fee \$10.00 until April 30. After May 1 fee is \$15.00.** Includes all sessions, resource material, vendors, and continental breakfast.

Method of Payment

Check  Visa  MasterCard  Am Ex

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-digit security code \_\_\_\_\_

Signature \_\_\_\_\_

**You can fax your registration & credit card payment to: (661) 255-6069**

**Please make checks payable to & send to:**  
Santa Clarita Valley Senior Center  
22900 Market Street • Santa Clarita, CA 91321

## Ongoing Classes at The SCV Senior Center

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis. Most activities are for adults 18 and over. For more complete information and fees, please call the Center at 661-259-9444, or visit our website at [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

### Arts & Crafts Classes

- **Art Workshop** – Tues., Wed. & Thurs., 9:30 a.m. – 12 p.m., Room A2
- **Needlework** – Mon., 9 a.m. – noon, Room A1
- **Watercolor Virtual Art Lessons** – Beginner level: Fri. 1:30 p.m. to 3:30 p.m.; Intermediate level: Thurs. 9:30 a.m.–11:30 a.m., Room A6

### Dance & Music

- **Line Dance** – by Ramona Thomas, Mon., 2 p.m.–3 p.m., Dining Room
- **Line Dance** – by Helen Walker, Tues., 9:30 a.m.–10:30 a.m., Dining Room
- **Line Dance** – by Marie Del Georgio, Wed., 6 p.m.–7:30 p.m.
- **Orchestron** – Wed, 2:45-5:30 p.m. Rooms A1 & A2
- **Silvertones Singers** – Mon., 12 p.m. to 2 p.m., Newhall Community Center
- **Tap Dancing** – by Laura Russell, Thurs., 9:30 – 10:20 in the Dining Room

### Fitness Programs

- **Advanced T'ai Chi Ch'uan** – by Allen Wells on Tues., Thurs., 8:45 a.m. to 9:30 a.m., Dining Room
  - **Beginning T'ai Chi Ch'uan** – by Allen Wells on Tues., Thurs., 8 a.m. to 8:40 a.m., Dining Room
  - **EZ T'ai Chi Ch'uan** – by Sarah Lowman on Tues., 3 p.m. to 4 p.m., Dining Room
  - **Fine Motor Skills** – Wed., 10:15 a.m. to 10:30 a.m., Dining Room
  - **Fitness** – Mon., Wed., and Fri., 8:30 a.m. to 9:30 a.m., Dining Room
  - **Flex & Flow Yoga** – by Diane Hedrick, Mon, Wed, 4:15 to 5 p.m., Dining Room
  - **Gentle Chair Yoga** - Tues. 2:30 – 3:00, Dining Room, with Instructor Diane Hedrick
  - **Restorative & Gentle Yoga** –Thurs., 8:20\* a.m. – 9:20 a.m., Rooms A1 & A2
- \*Time changes only during Tax Season.
- **Sit & Be Fit Chair Exercise** – Mon., Wed., Fri., 9:45 a.m. to 10:15 a.m., Dining Room
  - **Zumba Gold Chair** - Tues. 2-2:30, Dining Room, with Instructor Diane Hedrick

### Lifelong Learning

- **Archaeology & History Discussion** – Tues. , 9:30 a.m. to 11 a.m. , Room A1 free
- **French** – Wed., 10 a.m. – 11 a.m., SS
- **Digital Drop In – by Julie Oshiro** – Second Thurs, 9:00 – 11:00, Reception Office
- **Billiards Lessons for Ladies** – Tues., Beginners 6 p.m. to 7 p.m., Intermediates 7 p.m. to 8 p.m. in the Senior Center Billiards Room with Instructor Russ Evans
- **Computer Class** – PC and Mac starting in January 2016, call SCV Senior Center for more information.
- **Creative Writing** – Mon., 2 p.m. – 3:30 p.m. Room A6
- **Sharpen Your Computer Skills** – Word and Excel computer classes for beginners, seniors going back to work or anyone interested in learning new skills.
- **ZoomText Computer Tutoring for the Visually Impaired** – Call for an appointment.

### Personal Development

- **AARP Drivers Safety** – Monthly, Rooms A1 & A2, call for dates
- **Conscious Aging Workshops** by Dr. Teri Crane 4th Thurs., 2 p.m. to 3:30 p.m., A6
- **Current Events Discussion Group** – Mon. , 10 a.m. to 11:30 a.m., Conference Rm. Supportive Services, free
- **Mindful Meditation For Health & Happiness** – Mondays, 1 p.m. to 2 p.m., Room A6

### Recreation & Leisure

- **Beginning Duplicate Bridge Lesson** – Tues., 12:30 p.m.–4:30 p.m. Room A6
- **Duplicate Bridge** – Mon., 1 p.m. to 4 p.m., Room A2
- **Duplicate Bridge Evenings** – Tues., 6:45 p.m. to 10 p.m., Dining Room
- **Canasta** – Mon., 1 p.m. to 4:30 p.m., Room A1
- **Chess Club** – Mon. – Fri., 10 a.m. to 2 p.m., Room A5
- **Pinochle** – Mon., Wed., Fri., 1 p.m. to 4:30 p.m., Room A4
- **Food & Knick-Knack Bingo** – Fri. , 10:30 a.m. to 11:30 a.m., Room A2
- **Ping Pong** – Tues, 1 p.m. to 4 p.m.
- **Wii Games** – Tues. & Thurs., 1 p.m. to 3 p.m., Room A6

# Thanks, Henry Mayo.



[henrymayo.com/stories](http://henrymayo.com/stories)

## Why is Volunteering Important?



It's a pretty common mistake to think of volunteering as just something nice that people can do. Sure, it may make them feel great about helping, but what impact

does it really have?

In reality, volunteers make a giant contribution to the community they serve. Volunteers have an enormous impact on the health and well-being of communities worldwide. Think of all the ways that volunteers make a difference in day-to-day life:

Volunteers deliver critical services—from serving as volunteer fire fighters or participating in search and rescue, to delivering meals to homebound seniors or homeless youth, to manning the phone lines at domestic violence and sexual assault centers.

Volunteers help to keep our neighborhoods, streets, parks, rivers, green spaces, and water clean and safe for everyone.

Volunteers tutor, teach, mentor, coach, and support young people with everything from

math homework to dealing with personal crises to football and soccer tournaments. Volunteers educate the public on health and safety; doctors and nurses donate time and medical knowledge to free clinics and natural/civil disaster areas worldwide.

Volunteers take tickets at film centers and performing arts events, lead tours at museums and historical societies, and ensure that arts and cultural festivals—from small-scale gatherings to massive multi-stage concerts—run smoothly.

Another way to measure the impact of volunteers is to take a look at statistics like hours served and the economic value of volunteer time.

According to the Corporation for National and Community Service, 61.8 million individuals in the United States contributed 8 billion hours of volunteerism in 2008 alone. The economic value of all this volunteering? \$162 billion U.S. dollars.

Volunteers are critical partners of and participants in societies throughout the world. Whether actively giving their time through a formal or ad hoc organizations, or taking part in what is sometimes called “informal volunteering” where citizens voluntarily participate



in community activities or provide personal care for family, friends, neighbors, or even strangers as part of accepted cultural norms of giving and reciprocity.

Finally, here's one more way to visualize the impact of volunteers. Try this little exercise: imagine if one day, all volunteers simply didn't show up.

What would our cities, towns, state/provincial parks, schools, places of worship, and libraries look like? What basic needs would go unmet? What opportunities to grow, learn, and thrive as a society would be lost? The truth is you likely cross paths with a volunteer at least once if not several times a day, no matter where you are in the world. National Volunteer Week is an important time to promote and show appreciation for our local volunteers! (Source: <http://www.idealists.org/info/Volunteer/Why>)

## Jose Jimenez Recognized



On Monday, March 21st, Jose Jimenez was recognized at the 2016 Santa Clarita Elks Lodge 2379 Awards Night for his outstanding volunteer work at the SCV Senior Center. Jose was presented by Linda Alexander-Lieblang, Associate Executive Director and awarded with a beautiful plaque by the Elks Exalted Ruler John Rivetti. We appreciate you Jose and thank you for all of your hard work and your joyful outlook on life!



## Braille Van ...

will be at the  
**SCV Senior Center**  
on Thursday, April 7  
from 9:00 am  
to 2:00 pm

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## Q & A With Advanced Audiology



Nola Aronson

**Q:** What's the Difference Between an Audiologist and a Hearing Aid Dispenser?

**A:** The difference between an audiologist and a hearing aid dispenser is often confusing.

A hearing aid dispenser is an individual engaged in the fitting or selling of hearing aids to hearing impaired people. A hearing aid dispenser is focused on the sale of a specific item — hearing aids — and has the ability to test your hearing, but only as those tests relate to the fitting and sale of a hearing aid. Hearing aid dispensers are not required to have a degree in hearing health, while audiologists require a university degree (M.A., M.S., or Au.D.).

Audiologists are the primary health care professionals who evaluate, diagnose, treat, and manage hearing loss. They provide treatments by cleaning ear canal; fitting hearing aids and assistive devices; conducting auditory training, fitting and tuning cochlear implant; counseling patients and families; and conducting programs in aural rehabilitation.

More than any other hearing care professional, audiologists understand how the degree of hearing loss affects communication and quality of life. Audiologists understand the emotional and physical issues involved with hearing loss and can address the fears and problems that can arise from this condition.

They build their practice on the care of hearing — not on the sale of hearing aids. Rehabilitation and technical training offered by an audiologist result in a more holistic approach to solving hearing problems. Educating and counseling patients and their families about hearing loss is an essential part of an audiologist's mission. Our professional staff at Nola Aronson's Advanced Audiology is here to help you communicate and lead better, more social lives. We make sure to give each patient an individualized solution based on their particular needs, lifestyle, and budget. Call today, 661-877-9061, to schedule an appointment with one of our audiologists!



**Thursday, April 7**

**2:00 – 5:00 p.m.**

Doors open at 1:30 p.m. • \$10 (cash only)

SCV Senior Center Dining Room

Daubers Available for Purchase - \$1 each

Extra Black Out Sheets - \$1 • Powerball -\$1

We thank the Fountain Glen Apartments for generously donating bingo equipment and to Nancy & Roland Pacheco for sponsoring this event.

Senior Center Scholar Series

**Nellie Bly**

**Lecture & Discussion with Professor Lissa Brassfield**

**Wednesday, April 20**

**10:00 - 11:00 a.m. in Rooms A-1 & A-2**



Elizabeth Cochran Seaman, (May 5, 1864 – January 27, 1922), known by her pen name, Nellie Bly, was an American journalist. She was also a writer, industrialist, inventor, and a charity worker who was widely known for her record-breaking trip around the world in 72 days, in emulation of Jules Verne's fictional character Phileas Fogg, and an expose in which she faked insanity to study a mental institution from within. She was a pioneer in her field, and launched a new kind of investigative journalism. Join us for this informative lecture.

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\*Hölshe Amieva, "Self-Reported Hearing Loss: Hearing Aids and Cognitive Decline in Elderly Adults: A 25-year Study", Journal of the American Geriatrics Society. \*\*2013 Oticon Allia international Satisfaction Study, overall satisfaction for both new and experienced hearing instruments users.



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## Welcome Brianna Brann

by Brianna Brann



Brianna Brann is a new marketing intern at the SCV Senior Center. She is a 16 year-old junior at Academy of the Canyons, a middle college high school at College of the Canyons. She is interning at the Senior Center through a College and Career Readiness class in the Hart school district.

She was originally drawn to the SCV Senior Center because of the great things she heard about the Senior Center from her own grandmother. When her grand-

mother would visit the SCV Senior Center, she would always return home with a smile on her face. The joy this nurturing environment always brought her grandmother inspired Brianna to give her time. Although she was assigned the internship location, she was extremely grateful for the opportunity to intern at the SCV Senior Center.

As a marketing intern, Brianna helps the marketing materials for the SCV Senior Center. Specifically, she has been helping to create flyers and assisting in the production of the SCV Senior Center's monthly newsletter, *The Mighty Oak*. Through this internship, she aims to obtain hands-on experience in the marketing field. Brianna wants to learn more about marketing and what it is like working in a professional environment. Although she is still in the process of planning out her future, Brianna does plan on pursuing a career in the marketing field. She intends on using the work experience gained through this internship to help her further her career and start her on the path to success!

## Welcome Tanner Ford

by Brianna Brann



Tanner Ford is a 17 year-old junior at Hart High School. Tanner is a paid administrative assistant at the SCV Senior Center. He found this rewarding job through the Youth Employment Services (YES) program in the City of Santa Clarita. The YES program offers local teens the opportunity to find employment and receive on-the-job training while still in high school.

Tanner was assigned employment with the SCV Senior Center, and

his new experience with the organization has been extraordinary. As an administrative assistant, Tanner has been filing, helping keep up with paperwork, putting together lunch menus, and so much more. With so much experience to gain and new jobs to tackle, Tanner has grown to love his new job.

As an employee, Tanner has gained general office and job experience that he can add to his resume and utilize in his future career. Because he was placed based on skill set, this job is a perfect fit for him.

As for his plans for the future, Tanner wants to travel after high school. As for his career, his position is preparing him for a future in administration. With new insight on his field of interest, Tanner is excited for whatever the future may bring.

## Health Education & Wellness Schedule at the SCV Senior Center

### April 2016

**Free Lectures: Held on Wednesdays from 1-2 p.m. in activity rooms A-1 and A-2 (unless otherwise noted)**

- **Wednesday April 6th, 1:00pm:** A Woman's Way to the Law, Krysta Warfield, Court Advocate, Domestic Violence Center
- **Friday April 8th, 1:00pm:** Healthy Cooking Class, Lisa Johansen, MS, RD, ENHANCE Program
- **Wednesday April 13th, 1:00pm:** Occupational Therapy and Physical Therapy, Karen C. Ozaki, Physical Therapist, Henry Mayo Newhall Hospital
- **Wednesday April 20th, 1:00pm:** SCV Senior Resource Alliance presents Senior Moments Live – Hospice: It's About Life, Flora Greenhill, Hospice Community Liaison, RCFE Administrator, Assisted Hospice Care
- **Wednesday April 27th, 1:00pm:** Experience Agility: Do You Have the Agility to Make Every Day an Adventure?, Justin Sherfey, D.O. Board Certified Orthopedic Surgeon, Providence Holy Cross Medical Center

### Health Screenings

- **Blood Pressure Checks:** Wednesdays 10:30am – 12:00pm, Reception Office
- **Hearing Screenings:** No screenings scheduled this month
- **Diabetes Screening:** Thursday, April 7th 10:30am – 11:30am, Reception Office
- **Brain Wellness/Memory Screenings:** By Appointment

### Support Groups

- **Emotional Support Group:** Tuesdays 10:00 – 11:00am
- **Grief Support:** Tuesdays 11:00am – 12:00pm
- **Caregiver Support Group:** Fridays 9:30am – 10:30am
- **Caregiver Workshop:** Fridays 10:30 – 11:30am
- **Visually Impaired Support Group:** April 11th and April 25th, 12:30 – 1:30pm, Bouquet Canyon Senior Apartments

# TRIPS & TOURS

SCVSC Trips & Tours Presents Fun and Adventurous Outings for All Ages

## Gardens of the World, Lunch & Shopping at The Lakes!

Thursday, April 21, 2016 – Price: \$39.00  
(No refunds after 3/18/16!)

Lunch on your own!

Departs 9:00 am & Returns approx. 4:00 pm  
Spend a few hours amongst the beautiful cascading waterfall at the French Garden or find your inner harmony at the Japanese Garden. Celebrate the different cultures of the world! Spend the rest of the day perusing shops or having lunch with friends!



## San Antonio Winery Los Angeles

Tuesday, May 24, 2016

Price \$46

No Refunds after 5/21/16.

Departs 10:00 am & Returns approx. 3:00 pm

Your menu includes a choice of one of the following:



Saghetti with Meatballs or Sausage, Maddalena Meat Lasagna, Ravioli of the Day, Fish of the Day, Chef Special of the day, Chicken of the Day and non-alcoholic beverage. Tour of the Winery and Wine Tasting will follow at 1:00 pm.

## Laughlin!

### 3 Days - 2 Nights!

Monday, June 6th thru

Wednesday, June 8th, 2016

Price \$99 double occupancy,

\$129 single

(No refunds After 5/2/16

Departs 8:30 a.m. & returns approx. 5:30 pm

Stay at the beautiful Tropicana Hotel!

Experience the "Ultimate Bingo Experience" complete with luxury seating BRAND NEW, state of the art Bingo Hall! The Mohave News "Best of" Winner for 2015! Best Video Poker Best Slot Machines & Best Players Club.

Experience the Best of Laughlin!



## Trips & Tours Reminders

Boarding Procedure: Clients will be boarded on the bus in the order of ticket purchase. There will be no exceptions and no saving of seats. If you want to sit with a friend, you will have to purchase tickets at the same time.

## Trip Interest List

If your name is placed on the Interest List for a trip, it is NOT a reservation for the trip. When the trip goes on sale, you will be notified, and it will be first come, first served for reservations.

TRIPS & TOURS – FOR YOUR NEXT DAY OF FUN CALL...661-259-9444 EXT. 111



## Volunteer Spotlight

by Robin Clough, Volunteer & Recreation Coordinator

The motto of packing room volunteer, Isabel Schlicht, is if you “need me, call me!” On a regular basis and whenever there is

goes without a meal. “I am here for the seniors. I am one person, so I know what it is like,” she comments empathetically.



an emergency shortage of volunteers, “Izzy” can be relied upon to ensure no homebound senior

Izzie is truly the matriarch of the packing room family. Helping to care for her grandchildren for

eighteen years, Izzie shares that same maternal spirit with her fellow volunteers, staff, and meal recipients. Food Service Director, Joanna Vallelunga, says, “Izzie projects unconditional love that can be found in that perfect grandparent. She is extremely loving, adaptable and mild tempered. Izzie is ‘quiet but swift’. She is always ready, willing, and able to help wherever she is needed. We all look forward to seeing her three days per week, however on Thursday morning she likes to spoil us by bringing freshly baked dessert.” Packing Room Coordinator, Lisa Andrews, concurs saying, “There is never a time when Isabel isn’t here for us when we need help. She is incredible, and goes above and beyond trying to make the job easier for everyone.” Izzie read an ad in the newspaper requesting packing room volun-

teers and felt this was the perfect opportunity to give back to the community. In addition to helping her grandchildren, Izzie had a 30-year career in banking where she started at the bottom and admirably worked her way up to supervisor of Santa Barbara Bank & Trust. Bringing skills from this background, she is impressed with the organization of the packing room. She says she is “grateful for the way everyone pitches in to make it run so smoothly.”

Izzie packs hundreds of lunches for seniors every week. She says, “This volunteer position is fulfilling and so much fun! It is hard work, but we get it done. My fellow volunteers are wonderful, and what a great feeling to do something good for somebody.”

The SCV Senior Center is grateful to Isabel Schlicht for her exceptional volunteerism.

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- Medication Supervision
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## Don't Worry, It's Only A Flesh Wound

By Rita Roth



I watched a movie on television last night. It was a pretty good story with well-known actors. A plot that was not unusual, good guys versus bad guys sort of thing but interesting enough that it kept me from dozing off.

But then it morphed into something utterly ridiculous. Our hero meets up with a whole band of bad guys. As expected, they are not there to invite him to tea. In unison they

punch him, kick him and so on. Now keep in mind that these are not puny little fellows. They are all big and brawny, more than capable of inflicting great bodily harm and all very, very mean. You can tell that they are mean because all of them are in need of a shave, always in movies an indication of not very nice persons. The beating goes on for several minutes during which time Mr. Good Guy sustains trauma to several of his body parts, punches to his abdomen and lots of kidney kicks, not to speak of much face pummeling.

The bad guys tell Mr. G.G. That this was just a warning, next time they will really get tough, then the bad guys leave. Now com-

continued on page 10



## SCV Senior Center Advisory Council



The SCV Senior Center Advisory Council works in conjunction with the SCV Committee on Aging and the SCV Senior Center. The group meets every 3rd Monday of the month and community participation is welcome. The role of the advisory council member is to be an advocate for the senior center attendees as well as the seniors of the community-at-large. We're here to be a conduit by which information relevant to the senior population is to be discussed and conveyed to the SCVCOA and the SCV Senior Center while promoting Independence, Dignity and Quality of Life. For more information please contact the SCV Senior Center at 661-259-9444.

## Medicare and Skilled Nursing Facilities

by Jane M. McNamara, Elder Law Attorney



The Medicare system can be very complicated. It can become even more complicated when seniors are hospitalized, and then need care in a skilled nursing facility.

If you are elderly, have a history of hospitalizations, have Alzheimer's/dementia, or stroke related issues, you may require future care in a skilled nursing facility. Your choice of Medicare plans is extremely important, as the skilled nursing facility available will be dependent upon your chosen insurance plan. Choices are limited because the skilled nursing facility must have a contract with your Medicare plan. You may not like the ones available to you under your Medicare plan.

Choose your plan (and supplement) wisely, and don't be swayed by the very slick TV advertisements. We often see seniors with original Medicare and a great supplement, later switch to an HMO or Advantage Plan during open enrollment. Although they think they have made a cost-effective choice, they are often horrified with their limited facility choices when skilled nursing care is needed. The quality of the facility can often make a "life or death" difference, and at a minimum, affect your quality of life.

You must be informed, and contact the plan BEFORE enrollment. Ask what facilities are within their network and/or plan. Does the plan pay for co-payments if skilled nursing is needed? Although no one wants to receive care in a skilled nursing facility, seniors and the elderly must be realistic and objective about their health care needs.

The McNamara Law Firm, PC may be contacted at (661) 287-3260. Our website is [www.theMcNamaraLawFirm.com](http://www.theMcNamaraLawFirm.com)

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- Protecting Assets from High Care Costs
- Trusts, Wills, Legal Planning
- VA Benefits/Medi-Cal/Medicare
- Getting the Right Care



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## Parkinson's Awareness Month 2016

April is Parkinson's Awareness Month, or an awareness initiative held in the United States each year.

In 2010, April was designated Parkinson's Awareness Month by the United States Senate. By designating Parkinson's Awareness Month a national event, it is hoped that this observance will lead to more media coverage which in turn will gather further support for those affected.

Whilst people may have heard of Parkinson's disease, many know little or nothing about the condition and how it affects a person and their friends and family.

Raising public awareness about Parkinson's disease is very important. Although there are no official statistics, Parkinson's disease is thought to affect over 1,000,000 people in the United States. Parkinson's disease is especially prevalent among the elderly, as the mean age of Parkinson's disease onset is 60-years-old. In fact, approximately 1% of the population over age 60 has the disease, and more than 10% of all patients develop symptoms before age 50.

Parkinson's disease is a neurodegenerative condition and after Alzheimer's is the second most common disease in the United States. Neurodegenerative is a term which refers to a progressive loss of nerve cells (neurons) and/or their function. Neurodegeneration from Parkinson's disease can give rise to a wide spectrum of symptoms; symptoms can vary widely between people in terms of their type and severity.

The primary symptoms of Parkinson's disease include tremor; difficul-

ties with balance, swallowing, chewing and speaking; and slowness. However, the disease can also cause constipation, sleep disruption, and loss of balance.

One of the most noticeable symptoms of Parkinson's disease is tremor in which the body makes involuntary quivering movements. As the disease progresses, symptoms can worsen. For example, over time a person may not be able to move, speak or swallow.

The cause of Parkinson's disease is unknown and there are no known successful treatments which can delay or stop its progression. To further complicate matters, the symptoms of Parkinson's disease may be mistaken for another condition. The effect of Parkinson's disease on senior living communities is significant, but through awareness and continuous support, those with Parkinson's disease can still live their lives to the fullest.

As Parkinson's disease is so prevalent in society, especially among the Senior population, Parkinson's Disease Awareness Month help support those affected by the disease whilst encouraging further research into finding a cure or adequate treatment. Together, we can all bring an end to Parkinson's disease.

(Source: <http://www.whathealth.com>)

### Spring Wreath Craft Workshop

Create a beautiful wreath to celebrate Spring!

Wednesday, April 6 • 10:00 – 11:00 a.m.

Room A1 • \$5.00/person

All materials and supplies provided

*(Maximum 15 people)*


Instructor Kimberly Davenport and Catherine Nash of Sunshine Creations & Crafts will teach participants to make uniquely beautiful wreath. Kimberly Davenport is a professional card maker who has been creating cards and crafts for over six years.



RSVP to Robin at 661-259-9444 or [rcclough@scv-seniorcenter.org](mailto:rcclough@scv-seniorcenter.org)


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mon sense tells us that no mere mortal could endure this type of punishment and come through relatively unscathed. I would imagine that it would take at least several weeks to recover. In fact for some people it might take several weeks just to get up off the floor.

But not for our hero. In the next scene he is with his lady friend who is dabbing his face with a cloth and applying a couple of band aids. As the scene fades there is an implication that they will very soon be indulging in mad passionate love-making. What a guy.

Now I realize that movie makers cannot change an action movie into a hospital drama in midstream. But in the interest of some kind of realism what if there was a depiction of time moving forward.....a clock with moving hands, winter changing into spring or something like that, Then you could have Mr. G.G, saying goodbye to the orthodontist, orthopedic surgeon, plastic surgeon, internist, all the experts who helped put him back together. He could then go back to what he was doing with very little interruption to the plot. In my opinion this would actually make for a better movie, but then, it's only my opinion.

## Caregiving

By Dana Rose-Schmalz

What does it mean to be a caregiver? A caregiver is someone who is actively engaged in providing care and needs to another such as a chronically ill, disabled or aged family member or friend. Often a caregiver finds themselves in this role with a lack of training, support, or compensation.

In our world today, it is more and more common to be providing care and support not only to children, but also to aging or ill family members. Many of us are pulled in multiple directions and we struggle to find balance between the many demands including job, family, and personal time. If you are a caregiver, it is important to remember you are not alone. Here are some tips to help you, the caregiver, stay healthy:

- Ask for help. Ask family members, neighbors or friends for help with specific tasks such as running errands, preparing meals.
- Seek out support. Talking with others versus “stuffing” stress inside. Friends, other family, support groups, or other counselors can be resources to talk through experiences.
- Set priorities, reasonable expectations as well as limits. You have limited time and limited emotional and physical resources. Therefore, it is important to look at clarifying priorities as a caregiver as well as for yourself, your family and your job. You cannot do it all-so set reasonable expectations for self and hold other family members accountable for some aspects of caregiving.
- Seek out and use resources such as area agency on aging, non-medical support services (transportation, respite, etc). If an aging parent lives in a different location than you do, remember, to still look to local resources as a reference point for potential resources available in another location.

• Take care of yourself! Keep a healthy lifestyle going for yourself which could include healthy eating, exercise, adequate sleep, fun and relaxation time.

The SCV Senior Center offers a variety of services for caregivers including an adult day program, caregiver workshops, support groups, individual counseling, and in home services such as housekeeping personal care and respite care. Join us on Saturday, May 7th for our annual caregiver resource event, Knowledge is Power: Aging with Dignity Symposium. This event will be held at the Henry Mayo Newhall Hospital Education Center for individuals caring for a loved one to find resources, information, and support they need. For more information about caregiver resource day or services call the SCV Senior Center at 661-259-9444 and ask to speak to a care manager in the Support Services department.

(Source: <http://blogs.lawrence.edu/wellu/2011/08/what-does-it-mean-to-be-a-caregiver.html>)








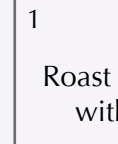
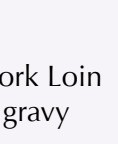
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
				1 Roast Pork Loin with gravy
4 Chicken Supreme (Chicken with mushroom cream sauce)	5 Choice Day Beef Liver and Onions OR Beef Taco Salad	6 Rustic Pasta (Pasta with Chicken and garden vegetables)	7 Pork & Beef Chili	8 Roasted Cod Alla Puttanesca (Cod Fish with a savory diced tomato, capers and olive sauce)
11 Chile Egg Puff A Senior Center Favorite!	12 Classic Spaghetti Arrabbiata with Pollo Parmigiano (chicken parmigiana served over spaghetti marinara)	13 Oven Roasted Fish	14 Balsamic Chicken (chicken with balsamic sauce)	15 Savory Pork Stew (Pork Stew with onion, garlic, lime, basil, mint, cilantro, ginger, turmeric & cayenne)
18 Fish and Chips	19 Pork Taco Salad	20 Russian Chicken (Sweet Creamy Red Sauce over Chicken)	21 Penne Marinara and Meatballs	22 Brazilian Chicken (Brazilian Chicken Stew w/ tomatoes, onions and a variety of fresh herbs) “Galinhada con Farofa”
25 Indian Beef Stew (Cubed Beef and Pork Stew with Indian Spices)	26 Sweet and Sour Chicken	27 BBQ Pulled Pork Sandwich (Fresh Baked Ciabatta Roll)	28 Lemon Caper Chicken (Chicken with lemon wedges and capers)	29 Choice Day Pork Enchilada Casserole OR Vegetarian Quiche

Note: Menu is subject to change without notice.

# Menu for April 2016



*Saturday April 23, 2016*  
*12pm to 4pm, 11am VIP*

*Tickets - GA \$75 or VIP \$100*

*Over 70 Vendors*  
*including 40 wineries*  
*Art Exhibit & Live Music*



*Wine, Beer, Tequila, Chocolates,*  
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