

THE MIGHTY OAK

August 2014

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

Second Annual SCV Senior Center Summer Camp

In honor of the following special events in August 2014, National Parks Month, National S'mores Day on August 10, and National Senior Citizen's Day on August 21, we will be celebrating by holding our Second Annual SCV Senior Center Summer Camp - Food, Fun and S'Mores.

Campsite: Main Dining & Multipurpose Room
Camp Hours: Lunchtime during the week of August 18 - 22
Fun to be had: Campfire sing-along, games, and much more!



Linda Pippin and Wayne Burns at the SCVSC Campsite

settlements. However, this was separate from the practice of camping for the pure sport of it.

The idea of camping as recreation came along in the 1800s. It was initially taken up by people who wanted to share their passion for this specific way of travel and living, and their advocacy boosted the popularity greatly. It was particularly seen as a good pastime for children, allowing them to experience adventure within the benign confines of an organized nature expedition.

In fact the first formal camp, The Gunnery Camp, was founded in Washington, Connecticut in 1861 by Frederick and Abigail Gunn. They were a husband and wife who ran a boy's school. This discovered their passion for camping during a two-week trip with their students. During this trip the group hiked, set up camp, and enjoyed the time fishing and walking amongst the nature. The experience was so pleasant that the Gunns continued this tradition for the next twelve years.

It did not take long for other organizations to follow the lead of The Gunnery Camp. In 1874 the first YWCA (Young Women's Christian Association) camp was founded. Conceived as a "vacation project" for Philadelphia's working class girls and women, it en-

couraged them to camp as a respite from their jobs. It was based at Asbury Park, New Jersey at a campsite called Sea Rest.

1885 saw the introduction of the first YMCA (Young Men's Christian Association) campsite in Newburgh, New York. The camp was founded by Summer F. Dudley, from which it took its name. Camp Dudley is the oldest camp in the United States that has been in continual operation.

It is probably no coincidence that camping became popular as the United States became a more industrial country. Much of the early movements towards camping seem to have arisen from the human impulse to preserve what was being lost in everyday life. There was a strong moral component as well, as camping and outdoor life were seen to be conducive to physical fitness and to good character.

Camping has obviously changed immensely through the years. New inventions such as the electric light, synthetic waterproof tents, and portable grills have completely altered camping and made it a more comfortable experience. However, the idea has remained the same and camping has continued to be popular among those with a love of the outdoors. (Source: American History USA.com)

A s'more (sometimes spelled smore) is a traditional night time campfire treat popular in the United States and Canada, consisting of a roasted marshmallow and a layer of chocolate sandwiched between two pieces of graham cracker. National S'mores Day is celebrated yearly on August 10 in the United States.

Coming Attractions in August:

Country Western Hoedown Concert, Part II, Thursday, August 7, 3 p.m. Saddle up and mosey on back for a medley of favorite tunes, including boot-stomping line dance melodies.



Gunnery students at camp - The Gunnery Archives. Source: Litchfield Enquirer, Thursday, June 16, 1861.



What's Inside?

- Classes at The Center 3
- SCVSC Golf Classic 6
- Trips & Tours 9
- August Menu 9



Thoughts from Executive Director Rachelle Dardeau

As we begin the month of August, we move into the beginning of our new fiscal year, which started July 1. This is the time that we are reviewing and renewing contracts, writing year-end reports and, as always, applying for grants that help support our mission to promote quality of life for seniors.

The fiscal year ended our year with many successes. In February, our annual Celebrity Waiter Dinner at the Hyatt was another sold out success. In May, we received our 100 Cars For Good Toyota Sienna Van, which was delivered to us fully converted for wheelchair use. In June, our annual Touch-A-Truck event at Central Park almost doubled in attendance with over 2500 people raising support and awareness for the SCV Senior Center. These signature events and community-supported awards are a huge help in supporting our mission, in addition to providing great recreational activities for the entire community. We are continually thankful for the support we receive from the residents and businesses of

the Santa Clarita Valley.

From volunteering to financial support, there are a variety of ways to support the work of the SCV Senior Center. We also have excellent opportunities for advertising your business and services through our monthly publication of the Mighty Oak or on our Nissan Cubes. Over 2000 copies of the Mighty Oak are distributed monthly at the SCV Senior Center and throughout the Santa Clarita Valley. Ad space from business card size to full-page is available. When you become a vehicle sponsor, your business name and logo will travel throughout the Santa Clarita Valley every weekday morning and afternoon. Not only are you getting a mobile billboard, you're helping to support an important service to homebound seniors.

Everything we accomplish at the SCV Senior Center is a result of the coordinated efforts of many dedicated, passionate individuals. In honor of National Senior Citizen's Day on August 21st, I hope that you'll consider joining us in helping our loved ones, friends, and neighbors in the Santa Clarita Valley community.

National Senior Citizens Day

Each year on August 21 there are various events and activities held, across the United States, in recognition of National Senior Citizens Day. This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements and the contributions they make to our communities

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21 as National Senior Citizens Day. In his Presidential Proclamation, he stated:

"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many

older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt -- for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as "National Senior Citizens Day" and au-



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thorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth."

Ronald Reagan

[Filed with the Office of the Federal Register, 10:42 a.m., August 22, 1988]

Seniors enjoy your day because this is your day! Make sure to take advantage of senior citizens specials and discounts.

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, please call the Center at 661-259-9444, or visit our website at www.scv-seniorcenter.org

Arts & Crafts Classes

- **Art Workshop** – Tues., Wed. & Thurs., 9:30 a.m. – 12 p.m., Room A2
- **Needlework and Jewelry Making** – Mon., 9 a.m.–noon, Room A2
- **Watercolor** – Tues., Peggy Patti, 6:30 p.m.–9:30 p.m., Room A1 & A2
- **Virtual Art** – Thurs., 9 a.m. – 11 a.m. or Fri., 1:30 p.m. – 3:30 p.m. Room A6

Dance & Music

- **Ladies Glee** – Tuesday, 11 a.m. – 1 p.m., Friendly Valley Clubhouse, call Senior Center for info
- **Line Dance** – by Ramona Thomas, Mon., 2 pm.–3 p.m., Dining Room
- **Line Dance** – by Helen Walker, Tues., 9:30–10:30 a.m., Dining Room
- **Line Dance** – by Marie Del Georgio, Wed., 6 p.m.–7:30 p.m.
- **Mens Glee** – Fri., Call The Center for more informaiton.
- **Orchestron** – Mon., Del Prado Clubhouse, call Senior Center for infomation
- **Silvertones Singers** – Mon., 12 p.m. to 2 p.m., Santa Clarita Community Center
- **Tap Dance** – Tues., 2 p.m. to 3 p.m, 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
- **Hatha Yoga** – Thurs., 8:30 a.m. to 9:30 a.m. A-1 and A-2
- **Sit & Be Fit Chair Exercise** – Mon., Wed., Fri., 9:45 a.m. to 10:15 a.m., Dining Room
- **Zumba Gold** – Mon., Wed., Fri. 3:30 p.m. to 4:15 p.m., Dining Room

Lifelong Learning

- **Archaeology & History Discussion** – Tues., 9:30 a.m. to 11 a.m., Room A1 free
- **Computer Training for the Visually Impaired** – Call for an appointment.
- **Computer Class** – PC and Mac, all levels, call Senior Center for information
- **Conversational French** – Thursdays, 10 a.m. to 11 a.m.
- **Sharpen Your Computer Skills** – **NEW!** Word and Excel computer classes for beginners, seniors going back to work or anyone interested in learning new skills.
- **Word Class:** Wed., 9 a.m. to 10 a.m. **Excel Class:** Wed., 10 a.m. to 11 a.m. Call the SCV Senior Center at 661-259-9444 to sign up or for more information.
- **ZoomText Computer Tutoring for the Visually Impaired** – Call for an appointment.

Personal Development

- **AARP Drivers Safety** – Monthly, Rooms A1 & A2, call for dates
- **Current Events Discussion Group** – Mon., 10 a.m. to 11:30 a.m., Conference Rm. Supportive Services, free
- **HealthRHYTHMS Drum Circle** – Wed, 2:30 p.m. to 4 p.m., Rooms A1 & A2
- **Mindful Meditation For Health & Happiness** – Mondays, beginning May 5, 1 p.m. to 2 p.m., Room A-6

Recreation & Leisure

- **Beginning Duplicate Bridge Lesson** – Mon., 9 a.m. to 12 p.m., Room A6
- **Billiards 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
- **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 p.m., Room A1
- **Chess Club** – Fri., 10 a.m. to 4 p.m., Room A4
- **Pinochle** – Mon., Wed., Fri., 1:30 p.m. to 4:30 p.m., Room A24
- **Food Bingo** – Fri., 10:30 a.m. to 11:30 a.m., Room A2
- **Ping Pong** – Tues, 1 p.m. to 4 p.m.
- **Senior Cinema** – 2nd Wed., 2 p.m., Room A6
- **Wii Games** – Tues. & Thurs., 1 p.m. to 3 p.m., Room A6



Farmers' Market Coupons are now available. In order to receive \$20 in coupons you must meet the following criteria:

1. Be age 60+
2. Annual income cannot exceed \$21,590 for 1 person
3. Annual income cannot exceed \$29,101 for 2 people

Coupons are good until November 30, 2014. Coupons are being distributed at the SCV Senior Center on a first come first serve basis.

For further details call Support Services at 661-259-9444.

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An Elder Care Coordinator's Perspective

by Deborah L. Mahoney, RN

As an RN and Elder Care Coordinator for our Valencia-based Elder Law Firm, I advocate for the elderly to ensure they receive proper care. I also guide families through the maze of California's expensive and confusing long-term care system. Many challenges confront our elderly, our disabled, and those with serious illnesses.

However, elderly victims of Dementia and Alzheimer's disease often face an additional challenge. This additional and unique challenge often prevents the elder from receiving proper care, and even causes unexpected dangers.

What is this unique challenge which confront elders with Dementia and Alzheimer's disease? The well-meaning family members are the challenge. Adult children and spouses of dementia victims pose this challenge: they are often in denial about the true limitations of the affected senior as a result of the disease. I see family members in denial about the amount of supervision now needed due to the disease, or wrongly believing the senior can still monitor his/her own medications – with disastrous results. I see family members in denial about the real need for asset protection due to the high cost of long-term care. Or, possibly more often, the family is not in denial, but instead they

Continued on page 5

How Will You Care For Your Aging Loved One?

How are you dealing with:

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

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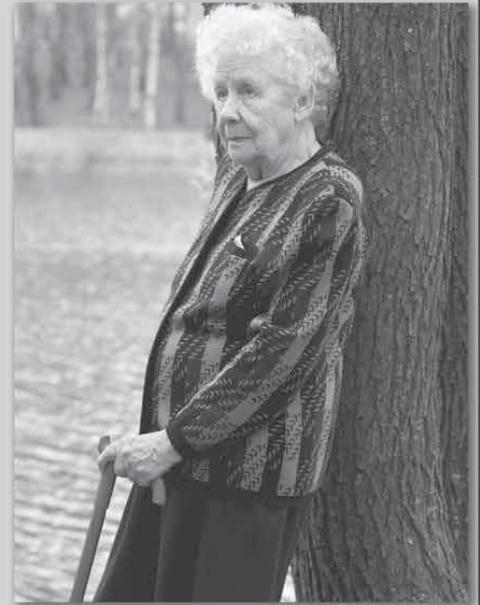
Our mission is to enable clients to age with dignity, without outliving their funds.

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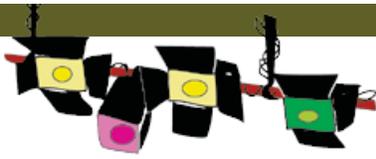
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Volunteer Spotlight

Marge Onofrey

by Robin Clough, Volunteer & Recreation Coordinator



When actress Elizabeth Taylor and her husband moved to the United States they were accompanied by their chauffeur and his family. Volunteer Marge Onofrey was the chauffeur's daughter, and before departing from her native England she was known for her storefront window dressings. The SCV Senior Center now benefits from these talents and skills, as Marge puts them to use in the Bouquet



Canyon Apartment lunchroom site. She ensures meals and ambiance are presented with perfection.

Director of Food Services, Joanna Vallelunga, praises Marge saying, "Marge is a longtime volunteer that works above the call of duty. She is genuinely passionate about her involvement in our Bouquet Canyon Kitchen and is very knowledgeable of our participants, our meal program and sets an excellent example for other volunteers. She always comes in early with a smile and ready to do what it takes."

Marge loves volunteering, and is a past Senior Volunteer of the Year. Making a difference by helping others has given her new purpose since the loss of her husband. Guests and fellow volunteers are drawn to her gentle spirit and kind nature. The SCV Senior Center is grateful to the wonderful volunteerism of Marge Onofrey.

Continued from facing page

are simply unfamiliar with the realities of this tragic disease and its aftermath, and therefore cannot recognize the warning signs.

Although we all want to respect the dignity of the senior with dementia, decisions can no longer be left to the affected elder. It is unsafe and dangerous. Dementia affects reasoning skills, memory, and decision-making ability. Dementia often creates confusion, agitation, paranoia, and jealousy. Memory deficits affect the ability to remember to eat, when to take medications, how to use the phone, and even to turn off appliances such as the stove. Allowing a senior with Alzheimer's disease to manage their own medication, take their "normal" walk alone, or even "refuse" needed care and assistance, is simply unsafe.

As an Elder Care Coordinator and an objective third party, it is my desire to help families understand and consider all aspects of this disease process. Making the hard decisions can be difficult. But those hard decisions must be made. And, those hard decisions must be made correctly – correct decisions are critical for the health and well-being of the affected senior and his/her family.

At The SCV Senior Center

Free Brain Wellness Screenings with Dr. Taryn Klein-Wach, Psy.D.

Monday,
August 4
10 a.m. – 1 p.m.



To schedule a 30-min.
FREE screening
appointment, contact the
SCV Senior Center at 661-259-9444.

Health Education & Wellness Schedule at The Center

August 2014

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

- August 6, 2014 1 p.m.** – The Benefits of Chiropractic Care
- August 13, 2014 1 p.m.** – Henry Mayo Newhall Memorial Hospital Topic: TBD
- August 20, 2014 1 p.m.** – Department of Motor Vehicles – Senior Driver Ombudsman Program
- August 27, 2014 1 p.m.** – How To Sleep Better - Facey

Health Screenings

- Blood Pressure Checks** - Every Wednesday Noon to 1 p.m.
- Hearing Screenings** - August 13, 11 a.m. to 12 p.m.
- Diabetes Screening** – August 20, 10:30 a.m. to 11:30 a.m.
- Matter of Balance** – Sign Up for next class in Support Services at the SCV Senior Center.

Support Groups

- Emotional Support Group:** Tuesdays 10 a.m. to 11 a.m.
- Loss Support Group:** Tuesdays 11 a.m. to 12:00 p.m.
- Caregiver Support Group:** Fridays 9:30 a.m. to 10:30 a.m.
- Caregiver Workshop:** Fridays 10:30 a.m. to 11:30 a.m.

Santa Clarita Valley Senior Center
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| <input type="checkbox"/> Platinum Sponsor | \$5,000 | <input type="checkbox"/> \$10,000 Putt Sponsor | \$1,000 |
| <input type="checkbox"/> Gold Sponsor | \$3,500 | <input type="checkbox"/> Award Sponsor | \$1,000 |
| <input type="checkbox"/> Silver Sponsor | \$2,500 | <input type="checkbox"/> Hole Sponsor | \$ 500 |
| <input type="checkbox"/> Bronze Sponsor | \$1,500 | <input type="checkbox"/> Foursome | \$ 800 |
| <input type="checkbox"/> Closest to the Pin Sponsor | \$1,250 | <input type="checkbox"/> # _____ Individual Players @ \$250 each | Total \$ _____ |
| <input type="checkbox"/> Longest Drive Sponsor | \$1,250 | <input type="checkbox"/> # _____ Mulligan & Game Packages @ \$50 each | Total \$ _____ |

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For additional information, please contact the SCV Senior Center administration department at (661) 259-9444 or admin@scv-seniorcenter.org.

The Santa Clarita Valley Committee on Aging, d.b.a. Santa Clarita Valley Senior Cent is a 501(c)(3) nonprofit organization, Tax ID# 95-3081997

Braille Mobile Solutions Van

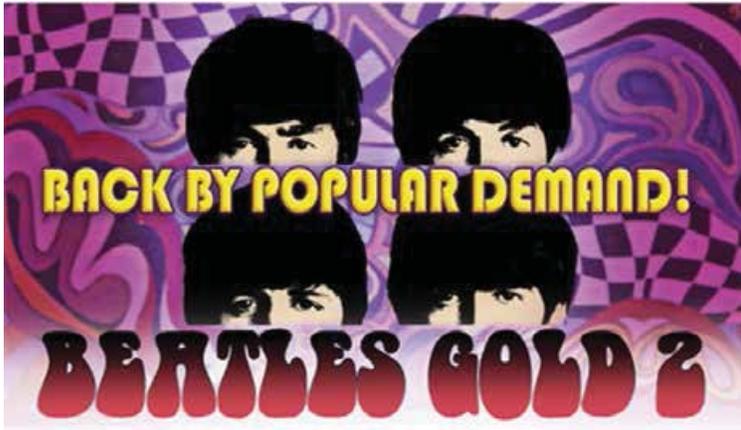
The Braille Van will be visiting the SCV Senior Center on Tuesday, August 19, from 10 a.m. to 2 p.m.

Advertise with The SCV Senior Center

On Our New Nissan Cubes and in The Mighty Oak

Each Nissan Cube in the Home-Delivered Meals fleet serves about 650 meals monthly, plus other Senior Center uses. Your logo will be seen around town and everyone will know YOU support SCV's seniors. For more info on advertising on the Nissan Cubes, please contact Linda Alexander-Lieblang at 661-259-9444.

The Mighty Oak offers great rates and wonderful exposure for your business in the Santa Clarita Valley. For more information, please contact Linda Alexander-Lieblang at 661-259-9444.



Beatles-inspired Art Show and Silent Auction at the Lobby

Dinner, Live Concert and Dancing Featuring Sgt. Peppers Beatles Tribute Band and Guests

Sunday, Sept 14, 2014
5 p.m. – 10:30 p.m.

Early bird tickets are here!

Hurry for the \$45 ticket price, email your reservation now because there are only a few left! \$60 regular price after

Beneficiary: SCV Senior Center
\$60 for Dinner, Show and Dancing
\$35 for Show and Dancing

The show is located at 24500 Town Center Drive in Valencia.

For inquiries, call or email Creative Source Marketing at 661-312-3422 and email: zonygordon@yahoo.com.

Cast Your Vote For Robert Galarza Dancing With Our Stars 2014

You can pledge money NOW by proxy votes, prior to the event to support your dancing star. All money collected for the dancer by proxy and on the night of the event will benefit the non-profit organization they are representing. Below you will find a proxy vote form, votes cost only \$25 each and the sky's the limit. Buy as many votes as you want!



I would like to support the SCV Senior Center!

Your Name: _____

Phone: _____

Address: _____

I Would Like To Purchase ____ Number of Votes
x \$25 each vote = *\$ _____ total

Please make checks payable to the SCV Senior Center and mail to 22900 Market Street, Santa Clarita, CA 91321 OR go on-line to www.scv-seniorcenter.org click on the DONATE button to make your donation. Be sure to note DWOS or for Robert Galarza in message section.

Contact: Linda at 661-259-9444 with any questions.

Santa Clarita Valley Senior Center

Save Coupons for Our Troops

Please save your manufacturer's coupons (current or up to 6 months expired). They will benefit our military families worldwide and help offset their cost of living.



We are seeking coupons for: food, household items, baby supplies, kids items, dental items, etc.

Look for the marked slotted container to deposit the coupons in the lobby at the SCV Senior Center. Sponsored by the SCV Senior Center Veterans Club.

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- Promote** good health through help with recommended diet and exercise, and medication reminders.
- Support** sense of well-being through attention to hygiene and grooming.
- Value** the Life by encouraging the keeping of traditions and sharing of precious memories.
- Keep** a safe and clean home environment.
- Offer** friendship, conversation and mental stimulation.
- Lift** family burden by sharing responsibilities, providing transportation and giving respite.
- Include** furry, fishy and feathered friends as family, too.

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Facebook

by Kay Waggoner



Facebook sometimes gets a bad rap but I love Facebook. When I first joined it, I didn't like it. I didn't understand the attraction to it. A few years ago I saw my cousins at a family event. They were asking me if I was on Facebook. I told them I had tried it, but was not on it now. They insisted I enable my account again and friend them so that we could keep in touch. That evening, I went back into Facebook. A few minutes after I enabled my account, I started getting friend requests from family, people I had worked with at Lockheed and people I went to school with. I had people contact me who I had gone to kindergarten with. I had not seen or heard from many of them in over 50 years. It was amazing! I have since met distant cousins whom I never knew existed. I have been lucky enough to actually meet face to face with five people that I originally met online that I would never have met in person if it had not been for Facebook. I am able to know what is going on with family that I cannot see as often as I would like too. I get to see family photos that I never would have seen without Facebook. I have met several widows/widowers and we have helped each other through the grief of losing our spouses. I am able to share my love of amateur photography with my friends by posting my photos on Facebook. I have Facebook friends who live in Australia, Japan, Scotland, Romania, Canada, and others who live in parts of the United States that I will never get to see except for in the photos they share.



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Mary Lou attends the SCVSC Adult Day Care and is a member of our Wii bowling team. Rita Hendrixson has been coaching Mary Lou. Mary Lou bowled three strikes in a row, a record for our award winning Wii bowling team! The joy in her face says it all. Way to go Mary Lou!

TRIPS & TOURS

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

East Meets West: Olvera Street & China Town in LA

Tuesday, August 12, 2014

\$25 – No Refunds!

Start the day with a tour of the Chinese American Museum then spend a little time exploring Olvera Street! Next stop...Yummy Dim Sum before exploring China Town!



(Flat rubber soled shoes are highly recommended)

Santa Barbara's John Dunn Gourmet Dining & Old Mission Santa Barbara

Thursday, September 18, 2014

\$57 No refunds after 8/18/14

Departs 9:15 a.m.

Returns approx. 6 p.m.

Savor the flavors of Santa Barbara's Culinary School then end your day with a tour of the beautiful Old Mission Santa Barbara!



Newport Beach - "Land & Sea"

Tuesday, August 26, 2014

\$65 includes Lunch & Cruise!

No refunds after 7/26/14

Departs 9:30 a.m.

Return approximately 5 p.m.

Enjoy a cruise around the Harbor to view the gorgeous mansions and yachts and learn about the rich movie star history of Newport Harbor. Then, treat yourself to an incredible lunch at the iconic Newport Beach waterfront restaurant, Harborside! It's sure to be a memorable day!

San Diego Harbor Cruise & Seaport Village

Wednesday, October 1, 2014

\$75 includes Lunch & Cruise

Departs 8:30 am

Return approx. 6:30 pm

No refunds after 8/15/14



Escape the Santa Clarita heat in San Diego! The trip includes a Deluxe Harbor Cruise of San Diego Harbor, Lunch at Home Town Buffet and discovering Seaport Village on your leisurely pace.

(Flat rubber soled shoes are highly recommended)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 AUGUST BIRTHSTONE Peridot	 AUGUST FLOWER Gladiolus		1 Sicilian Meatloaf	2
3	4 Chicken Supreme	5 Beef Chili	6 Penne Alla Campaniola con Pollo	7 Carnitas Taco	8 Oven Baked Fish	9
10	11 Filet de Porc Normande	12 Chicken Kiev	13 Penne Pasta Marinara w/ Meatballs	14 Chicken Enchiladas	15 Fish & Chips	16
17	18 Pasta Pollo Putanesca con Pollo	19 Pork Loin with Gravy	20 Mediterranean Salad	21 Sweet & Sour Pork	22 Pescado Veracruz	23
24	25 Pork Stew	26 Penne Arrabiata con Pollo	27 Chili Egg Puff	28 Cuban Chicken	29 Fish & Chips	30
31	Note: Menu is subject to change without notice.					
Menu for August 2014						

Senior Living Transitions

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Joe Shenberger (661) 753-3652

Give the SCV Senior Center a Hand!

Make a difference in the life of a senior! You will impact dignity, independence, and quality of life. Help us pack lunches for homebound seniors any morning, **Monday through Friday, between 6 a.m. and 10:30 a.m.**

Come together for a cause – bring your friends!

To volunteer, contact Robin at 661-259-9444 and email: rclough@scv-seniorcenter.org.

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- Med Reminders
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- Transportation
- Care Management

Each Home Instead Senior Care franchise is independently owned and operated. ©2013

The SCV Senior Center 4th of July "Hero Brigade" Floats Into First Place!

by Robin Clough, Volunteer & Recreation Coordinator

The SCV Senior Center entry in Santa Clarita's 4th of July Parade was awarded first place for Best Theme and second place for Best Float.

Senior of the Year, Ruby Griffin, waved to parade crowds from a Home-Delivered Meal Nissan Cube. Following was the Senior Center float comprised of a 1948 John Deere Tractor and a charming antique wagon. Our "Hero Brigade" theme honored veterans and volunteers and was led by 93-year-old WWII veteran and volunteer Richard Roelofs and 90-year-old award winning volunteer, Mary Gallant. Volunteers Lauree and Robin



Ruby Griffin, Mary Gallant and Richard Roelofs

Lage, Kevin Rattliff, Wayne Burns, and Linda Pippin were a huge hit with their dance performance. Attired in patriotic hero outfits, they held plates of



faux food as props to symbolize our nutrition program. The fireworks moment was the dramatic release of doves from the float to the music of the Star Spangled Banner.

We greatly appreciate the creativity and hard work of our



Robert Galarza, Director of Transportation and the SCVSC Dancer for Dancing With Our Stars

Float Committee: Linda Pippin, Wayne Burns, Shirley Laurino, Dr. Gene Dorio, and Mary Galant.

Our thanks to Dolly and Richie Pauley of Town and Country Carriage for generously providing the classic wagon and the doves, Pat Kouri for the John Deere tractor, Embroid Me and Kevin Laurino for the patriotic hero shirts, Zumba instructor Diane Hedrick and Doris Sipotz for choreography, and our Adult Day Care participants for making decorations.



Wellness Wisdom

No Mindless Munching

by Linda Bennett, Fitness Specialist, LB Fitness

Carry a "Mobile Munch Kit" with you at all times. When you are on the go, and the hunger pangs start you dreaming about sugary, fatty foods... STOP. Keep your good judgment in tact by reaching for your healthy snack pack. A handful of nuts and dried fruit, a crisp apple & sunflower seeds, or a healthy snack bar, these are simple solution to keep you in control. In addition, carry a small, insulated cooler and bottled water to stay hydrated.

Remember – No Mindless Munching.

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for more information

SCV Senior Center

SANTA CLARITA VALLEY COMMITTEE ON AGING

“Thank you for our two miracles. Everybody was really amazing, giving us personal care to build confidence for our transition home. ”

Renée and Rick L.
with sons Gabriel
and Gavin



Caring is...
a beautiful
beginning.

For almost 40 years and three generations, Henry Mayo has been welcoming your babies to Santa Clarita. With individualized care and a state-of-the-art NICU, we're ready to help give your family a beautiful beginning.



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