SCV Senior Center in the Safeco Insurance® Make More Happen Contest

The Safeco® Make More Happen contest features nonprofit organizations across the country and the independent insurance agencies that make more happen for them by volunteering.

As one of 30 award recipients, LBW/SCV Senior Center was entered into the Safeco® Make More Happen contest where the community was encouraged to vote online and leave cheers for the nonprofit. Because the contest reached a total vote goal of 25,000 online votes, an additional $500 was added to the award, bringing the total to $3,500.

LBW Insurance and Financial Services was selected for the Safeco® Make More Happen Award based on a photo and application demonstrating how agency volunteers make more happen for the SCV Senior Center, which serves the Santa Clarita Valley and surrounding areas with a mission to promote quality of life for seniors.

For the last five years, Chris Chegwin and LBW Insurance and Financial Services have been supporters, fundraisers and even “Duck Dynasty” impersonators at the organization’s “Celebrity Waiter” dinner. Chegwin is co-chair of the annual golf tournament benefiting the center.

Thanks to the volunteer efforts of LBW Insurance and Financial Services, Santa Clarita Valley Senior Center received $3,500 in the Make More Happen contest from Safeco®. The SCV Senior Center graciously thanks LBW and Safeco Insurance!

What’s Inside?

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April Price & Chris Chegwin from LBW Insurance/Financial Services

Linda Alexander-Lieblang, Rachelle Dardeau, Jennifer Brown from Safeco Insurance, Chris Chegwin, & April Price
October is Breast Cancer Awareness Month, a month dedicated to raising awareness about the importance of early detection of breast cancer. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. Make a difference! Join the SCV Senior Center in spreading the word about the importance of mammograms.

Volunteer Spotlight – Jeanine Nila
*by Robin Clough, Volunteer & Recreation Coordinator*

It’s not unusual to see a flash of energy rush by in the SCV Senior Center meal packing room. This flash of energy is Jeanine Nila, who has a reputation for working as fast as she can and is therefore known as “Speedy.” “Speedy” not only ensures that almost 300 meals for homebound seniors are assembled each day in record time, she also contributes to the happy atmosphere of the packing room. Although arriving in the darkness of dawn, Jeanine brings sunlight and laughter to the room. She says it is the little things that make the job fun, like theme days where volunteers wear the same colors or when everyone meets after hours. “We have all become friends who work hard for the mission and have great times during our breaks. It is a wonderful experience.”

Braille Mobile Solutions Van

The Braille Van will be visiting the SCV Senior Center on Wednesday, October 8 from 10 a.m. to 2 p.m.

Thoughts from Executive Director:
**Join Our Journey**

“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.”

Lauren DeStefano, Wither

Fall is in the air, and the cooler temperatures are a welcomed change. School and football season are in full swing, and pumpkins and chrysanthemums abound in all their colorful glory.

Cooler temperatures lead to other “seasons” as well. Medical experts expect an early and severe flu season this year. The Center for Disease Control lists three steps to avoid the flu: get a flu shot, take everyday preventive actions to stop the spread of germs, and take flu antiviral drugs if your doctor prescribes them. The SCV Senior Center will collaborate with Henry Mayo Newhall Hospital again this year for a November flu clinic. In the meantime, wash your hands often or use an alcohol-based hand sanitizer to keep hands germ-free. Go to http://www.cdc.gov/flu/protect/preventing.htm for other tips to stay healthy and avoid the flu.

Listening to the local hometown radio station, KHTS1220, Jeanine heard a request for packing room volunteers at the SCV Senior Center. That was a year ago, and she has been “joyously bounding out of bed in the mornings” ever since. Jeanine’s family supports her good deeds and notices how much happier she is on volunteer days. She comments, “I feel I am doing something worthwhile and it gives me real purpose. When I see the Home-Delivered Meal vehicles pull out, I am proud and fulfilled. I know that I helped make it happen.”

The SCV Senior Center would like to thank “Speedy” Jeanine Nila for her uplifting attitude, speedy service, and exceptional volunteerism.
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 Art** – Thurs., 9 a.m. – 11 a.m. Room A6
- **Virtual Drawing** – 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 p.m.–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 Senior Center for more information.
- **Orchestron** – Mon., Del Prado Clubhouse, call Senior Center for information
- **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
- **Bellyfit** – Tues., 5:30 p.m. – 6:30 p.m., Room A1 & A2
- **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. A1 & A2
- **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.
- **Creative Writing** – Mon., 2 p.m. – 3:30 p.m. Room A6
- **Genealogy 101** – Thursdays, 2 p.m. to 3:30 p.m., Rooms A1 & A2
- **Sharpen Your Computer Skills** – 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.
- **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
- **Mindful Meditation For Health & Happiness** – Mondays, 1 p.m. to 2 p.m., Room A6

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** – 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.
- **Senior Cinema** – 2nd Wed., 2 p.m., Room A6

Special Events in October

Friday, October 10
11:30 a.m. – 1 p.m.
‘Oompah’ fun with accordion and piano music, games, decorations, and German cuisine.

Halloween Party
Friday, October 31
During Lunchtime
Join spooky Soroptimists with delicious treats, macabre music, and festive decorations for a spooky good time. Costumes a must!

At The SCV Senior Center

Screenings will take place on the FIRST Monday of the month.
**October 6, 2014**
10 a.m. – 1 p.m.
To schedule a 30-min. FREE screening appointment, contact the SCV Senior Center at 661-259-9444.

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

Senior Living Transitions
A Free Residential Placement Service for Seniors

Highly personalized and compassionate guidance for:
- Assisted Living Communities
- Alzheimer’s and Dementia Care
- Residential Care Homes
- Independent and Retirement Communities

Helping seniors and their families select the best care and living options when a family member can no longer live reliably on their own

Joe Shenberger
(661) 753-3652

Santa Clarita Valley Senior Center
The Mighty Oak 3
October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

Facts about breast cancer in the United States
• One in eight women will be diagnosed with breast cancer in their lifetime.
• Breast cancer is the most commonly diagnosed cancer in women.
• Breast cancer is the second leading cause of death among women.
• Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
• Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.

When breast cancer is detected early, in the localized stage, the five-year survival rate is 98 percent. The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages. Create your Early Detection Plan to receive reminders to do breast self-exams, and schedule your clinical breast exams and mammograms based on your age and health history.

What can I do to reduce my risk of breast cancer?
• Although you cannot prevent cancer, some habits that can help reduce your risk are:
  • Maintain a healthy weight
  • Stay physically active
  • Eat fruits and vegetables
  • Do not smoke
  • Limit alcohol consumption

A global burden
According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming...
the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.

Good news about breast cancer trends

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to screening and early detection, increased awareness, and continually improving treatment options.

Information sourced from www.nationalbreastcancer.org.

My Favorite Time of the Year
by Kay Waggoner

I am so looking forward to autumn. The summer heat has just about done me in. I look forward to cool, crisp mornings and breezy evenings. I look forward to long walks with my dog and having to wear a sweater. I look forward to being able to use the fireplace again.

Autumn has always been my favorite season. There is just something about this time of year that seems to bring back fond memories. I remember as a child looking forward to dressing up for Halloween and going trick-or-treating. I remember my family getting together for Thanksgiving and the smells coming from the kitchen. And after I became an adult and married my late husband, I remember looking forward to his and my annual vacations to northern California in October.

Yes, this is truly my favorite time of the year.

Happy fall, Y’all!

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Health Education & Wellness Schedule at The Center

October 2014

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

**Wed., Oct. 1, 1 p.m.** – Mortgage Day: learn about the housing market, conventional refinancing and reverse mortgages with Candy Watson, Generation Mortgage

**Wed., Oct. 8, 1 p.m.** – The Hidden Truth about Senior’s Mental Health with Michael Dougherty, Henry Mayo Newhall Memorial Hospital, Behavioral Health Unit

**Wed., Oct. 15, 1 p.m.** – Healthy Eating on a Budget with McKenzie Hall, NourishRDS

**Wed., Oct. 22, 1 p.m.** – Safe Medication Use with Rolando Toledo, Facey Medical Group

**Wed., Oct. 29, 1 p.m.** – Medicare Changes: Medicare Part D – Center for Healthcare Rights/HICAP

**Health Screenings**

- **Blood Pressure Checks** - Every Wednesday Noon to 1 p.m.
- **Hearing Screenings** - Oct. 8, 11 a.m. to 12 p.m.
- **Diabetes Screening** – Oct. 15, 10:30 a.m. to 11:30 a.m.
- **Brain Wellness/Memory Screenings** – By Appointment

**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.
- **Caregiver Bootcamp Support Group:** Begins Thurs., Oct. 16 6-7:30pm. (Bootcamp will meet for eight weeks, must register to attend)
New Class – Genealogy 101
Instructor Sheri Savory McNeil is an author, genealogist, and DNA specialist

• Learn to collect information on your family history from a variety of sources.
• Trace the steps of immigrants as they came through Ellis Island.
• Discover soldiers of U.S. wars and your possible ancestry in military records.
A six-week series beginning September 4th and running until October 9 on Thursdays from 2 p.m. to 3:30 p.m.
The cost is $5 per class.

Caregiver Bootcamp
Lessons in Love

Caregiving is an emotionally charged, often difficult experience. This 8-week course, “bootcamp” inspired, will boost class members with intensive and supportive information and practices as well giving fresh perspectives and replenished energy. The course will be facilitated by Stephanie Sauer, MSG, Care Manager. Throughout Stephanie’s professional, educational and personal life, she has gained deep insight into caregivers.

Here is a small sample of the topics that will be covered in Caregiver Bootcamp:
• How can we realistically identify what is normal versus not normal in aging?
• What are the best methods of fall prevention/home safety?
• What immediate, practical solutions help caregivers overcome negative thought patterns?
• Why every caregiver should be prepared with proven strategies for engaging in difficult conversations with others?

Caregiver Bootcamp will begin on Thursday October 16 at 6 p.m. to 7:30 p.m. and will meet for eight sessions (skipping the week of Thanksgiving) and will end on Thursday December 11, 2014. The class will meet at the SCV Senior Center in rooms A1/ A2. We appreciate donations to help cover the cost of materials.

If you are a caregiver, or know anyone that is, please do not hesitate to contact Stephanie Sauer at the SCV Senior Center for more information at 661-259-9444 ext. 128 or ssauer@scvseniorcenter.org

Scholar Series
Thursday, October 23 from 1 p.m. – 2 p.m.

Romance & Mystery of California’s Lighthouses, presented by author Pam Ripling. Facts and stories about the beacons and how research evolved into material for her romantic mystery novels.

California’s Lighthouses
The History and the Mystery

Cooking and Nutrition Class
Back by popular demand!

“Healthy Food – Healthy You “cooking and nutrition class is being offered by Stephanie Correnti, Registered Dietician from Food and Nutrition Management Services. Cooking demonstrations will be given and distributed to the class for sampling. Classes are free and are scheduled on several Fridays a month and run through March 2015. Classes begin at 1 p.m. in Rooms A-1 & A-2 of the Senior Center. Call 661-259-9444 to sign up.

Creative Writing
“Everyone has a Story to Tell” with Instructor Teri Crane

Dr. Crane is an author and teacher. She has an MFA in writing, a doctorate in education, is certified in therapeutic journaling, and “teaches teachers” the art and skills of writing.

New class begins Monday, October 6
2 p.m. to 3:30 p.m.
Room A6
$3 per class

The novice and the seasoned writer will take writing to a higher level.
• Explore ideas of the craft of writing.
• Share and discuss your writing.
• Time allotted to work on your own writing or be involved in a provided writing exercise.

For more information, please call 661-259-9444.
Why I would like being a Cro-Magnon Woman
by Rita Roth

Last week was, technologically speaking, a nightmare. First of all my cable was out and I had no television. Now I know that this not an end of the world event but nevertheless it was annoying and jumping on my new trampoline without being entertained in some way is downright boring. Wait, it gets worse, my computer not to be outdone, refused to compute. In fact it refused to do anything and I could not get online. Because my telephone system is connected to the Internet, I also had no telephone. Why didn’t I use my cell phone? I hear you say. The reason for that is simple. Because of my location or the way the stars are aligned or some such nonsense, my cell phone will not work within the confines of my house. I can neither make nor receive calls. If I should want to use my cell phone for the purpose for which it was created, I must walk from my house to a spot quite a distance from my abode to where my phone will splutter into some kind of action and my neighbors will be privy to my most intimate conversations.

To say that last week was a frustrating time for me was to win the understatement of the year award. I was actually beside myself (no easy feat I can tell you). It was at this time that I decided that I would like to be a Cro-Magnon woman. Just think of the many advantages. So much that you would not have to put up with. For instance, think of how terrific it would be to never drive down the street and wonder why your car was making that funny noise. Or why that little red light had suddenly appeared.

Being a Cro-Magnon woman would actually be quite nifty. From what I understand, as a people, they were not at all bad to look at. They were tall and slender with a thin rounded skull and no brow ridges, which is more than I can say for some modern persons. Apparently their brains were about the same size as ours so they were probably no less intelligent, and possibly more so than some of us. Another good thing, they were quite artistic and liked to use colors for their cave wall drawings. Since they were so creative, they probably knew how to drape those animal skins to show themselves off to good advantage.

Of course I do realize that life wasn’t all milk and honey for them. There was the occasional saber tooth tiger to contend with. But in all probability that was left to the men to deal with, while the women spent their time sweeping out the cave and complaining what brutes their husbands were. It doesn’t sound so bad to me.

Eat Smart, Live Strong

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.

Presented by Lisa Johansen, MS, Registered Dietician on Thursday, October 23 & 30 as well as Thursday, November 6 & 13 from 9:30 a.m. to 10:30 a.m.

Join us at the SCV Senior Center: Multipurpose Room, 22900 Market Street in Santa Clarita.

For more information, please call Joanna Vallelunga or Stephanie Sauer at 661-259-9444.
After the Hospital Stay...
by Jane M. McNamara, Elder Law Attorney

A hospital stay can be very frightening—especially for elderly patients. The senior looks forward to leaving the hospital, and going home. However, we routinely see elderly patients discharged from the hospital, only to “bounce back” to the Emergency Room after a short period of time. This “bounce back” means repeated hospital admissions, and a steady decline in the senior’s overall health. Ultimately, care facilities and nursing homes are required, as the care required is too significant for the home setting.

Although families often believe that mom or dad will simply return to “normal” once they are discharged from the hospital, our experience and independent studies show that this is typically not the case. Patients are released from hospitals “quicker and sicker” than in the past. Studies show that 40 percent of patients over 65 had medication errors after leaving the hospital, and 18 percent of Medicare patients are readmitted within 30 days.

Studies also show that a “discharge plan” and monitoring is critical after hospitalization. Without a discharge plan, that senior will likely “bounce back” to the hospital (be readmitted) within just a few months. A cycle begins of repeated “bounce back” hospitalizations. The senior weakens, their declining physical...
TRIPS & TOURS
SCVSC Trips & Tours Presents Fun and Adventurous Outings for All Ages

The Grove at Farmers Market Los Angeles
Thursday, November 06, 2014
$21.00 per person - Lunch on your own
No refunds
Departs 9:00 a.m.
Returns approx. 4:30 p.m.
Enjoy a trolley ride to cover the 575,000 sq. ft. of open air shopping and enjoy its beautiful ambience.

Viva Las Vegas!
3-Day Trip to Golden Nugget Hotel & Casino
Departs: Monday, December 1st at 8 a.m.
Returns: Wednesday, December 3rd approx. 5:30 p.m.
$180 double/$230 single – includes transportation and hotel accommodation 3 days of fun, more fun and a chance to hit the jackpot!
Cancellations up to October 31, no refunds thereafter.
Hurry! Only 7 single rooms still available!

Ronald Reagan Presidential Library
Thursday, November 20, 2014
$34.00 per person
No refunds after 10/20/2014
Lunch on your own

With sweeping views of the Southland, this is one of California’s most beautiful destinations. Walk aboard the actual Air Force One that flew seven US Presidents. A full size replica of the White House Oval office is just one of many exhibits to see! Also, a special display of Christmas Trees will on display at the time of our visit!

Seniors continued from facing page

health affects their mental health, and their quality of life becomes very poor. Many become permanent residents in long-term care facilities, because the level of care needed can no longer be managed in the home.

Family members and healthcare providers play a critical role in maintaining a patient’s health after discharge. There is a surprising lack of knowledge, communication and consistency in the process and quality of discharge planning. Not all hospitals provide appropriate discharge planning – although they will claim they do. For more information about what you should know before your loved one is discharged from the hospital, please visit our website at www.janemcnamara.com.

The Law Firm may be reached at 661-287-3260. Additionally, for information about Veterans benefits to help pay for long-term care, please visit www.VAbenefits4seniors.com.

Coming Soon in December:
Riverside Mission Inn Festival of Lights

Menu for October 2014

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Pork Stew</td>
<td>Penne Pasta w/Chicken Parmigianino</td>
<td>Mediterranean Chicken Salad</td>
<td>Sweet &amp; Sour Pork</td>
<td>Pescado Veracruz</td>
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<tr>
<td>Jambalaya</td>
<td>Gosht Pulao (Indian Pork Stew)</td>
<td>Chili Egg Puff</td>
<td>Cuban Chicken</td>
<td>Octoberfest Menu TBD</td>
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<tr>
<td>Penne Pasta Bolognese</td>
<td>Choice Day/ Congregate Only</td>
<td>Choice Day/ Congregate Only</td>
<td>BBQ Pulled Pork</td>
<td>Salade Nicoise</td>
</tr>
<tr>
<td>Chicken Supreme</td>
<td>Beef Chili</td>
<td>Penne Pasta w/ Chicken Alla Campagniola</td>
<td>Cranberry Chicken</td>
<td>Sicilian Meatloaf</td>
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Note: Menu is subject to change without notice.
Flu Season Ahead...

*Flu Shots will be provided at the SCV Senior Center in early November!*

When will flu activity begin and when will it peak?

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

What should I do to prepare for this flu season?

CDC recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the main flu viruses that research suggests will cause the most illness during the upcoming flu season. People should begin getting vaccinated soon after flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.

In addition to getting vaccinated, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

What should I do to protect my loved ones from flu this season?

Encourage your loved ones to get vaccinated as soon as vaccine becomes available in their communities, preferably by October. Vaccination is especially important for people at high risk for serious flu complications, and their close contacts.

Children between six months and eight years of age may need two doses of flu vaccine to be fully protected from flu.

Continued on facing page
SCV Senior Cinema presents
Immortal Beloved

Wednesday, October 8 at 2 p.m.
$1 donation(suggested  
Popcorn: 50 cents  
Free door prizes  
Wheelchair Accessible  
Runtime: 121 minutes

SCV Senior Center Monthly Dance

Thursday, October 2, 2014
6:00 p.m. – 8:30 p.m.
$5 cover charge
   DJ Music
   Snacks & Beverages
   Casual Attire

For more information, please call Jackie Banks, Movie Manager, at 661-259-9444.

Practice How to Drop, Cover & Hold On — October 16
Join Millions of People Worldwide in Preparation

The ShakeOut Drill is scheduled for 10:16 a.m. on October 16. This means that wherever you are at that moment—at home, at work, at school, anywhere—you should Drop, Cover, and Hold On as if there were a major earthquake occurring at that very moment, and stay in this position for at least 60 seconds. The main goal of the ShakeOut is to get Californians prepared for major earthquakes, so use the ShakeOut as an opportunity to learn what to do before, during, and after an earthquake.

SCVSC Senior Cinema presents
Immortal Beloved

Wednesday, October 8 at 2 p.m.
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Popcorn: 50 cents  
Free door prizes  
Wheelchair Accessible  
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Your child’s doctor or other health care professional can tell you whether your child needs two doses. Children younger than six months are at higher risk of serious flu complications, but are too young to get a flu vaccine. Because of this, safeguarding them from flu is especially important. If you live with or care for an infant younger than six months of age, you should get a flu vaccine to help protect them from flu.

In addition to getting vaccinated, you and your loved ones can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

When should I get vaccinated?

CDC recommends that people get vaccinated against flu soon after vaccine becomes available, preferably by October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

Doctors and nurses are encouraged to begin vaccinating their patients soon after vaccine becomes available, preferably by October so as not to miss out on opportunities to vaccinate. Those children 6 months through eight years of age who need two doses of vaccine should receive the first dose as soon as possible to allow time to get the second dose before the start of flu season. The two doses should be given at least four weeks apart.

“Sheila R. Veloz Breast Imaging Center saved my life.”

Kate C.
Sheila R. Veloz Breast Imaging Center Patient

A very special service, now at a very special price.
For the month of October, digital mammograms are available for a special cash price of $160* at the Sheila R. Veloz Breast Imaging Center. Call today for an appointment.

*Includes new, 3-D mammograms at no additional charge

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