

THE MIGHTY OAK

June 2016

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

The Fourth Annual Sierra Pelona Valley Wine Festival



This year's April 23 event was held at the picturesque Reyes Winery in Aqua Dulce. The festival supported the SCV Senior Center and more specifically, their Fund-A-Bus Campaign. Proceeds raised totaled just over \$12,500 and

these much needed funds will help the SCV Senior Center achieve their goal in acquiring a new bus to serve the Santa Clarita community.

This year's festival also included a live auction that featured everything from a handmade quilt, wine barrel chairs, spa packages, an event package and sports

package to a Reyes Winery Wine Maker Dinner that raised over \$4,000. Many of the festival attendees were enthusiastic and excited to participate in the raffle that was sponsored by all of the vendors of the day. The raffle gave each winner an opportunity to take home a little something extra to enjoy at home.

Special thank you's you went out to the event sponsors, California Bank & Trust, California United Bank and Advanced Audiology, both of which contributed more than \$7,000 to the proceeds raised for the SCV Senior Center.

The event always features something for everyone that attends. Local wineries included Agua Dulce Winery, Alonso Family Vineyards, AV Winery, Bouquet Vineyard, Chavez Cellars, Charles Wine Company, Coruce Vineyards, CPB Winery, Du

San Antonio Winery and Stephen Hemmert Wines. There was also a little something for those not interested in wine. A refreshing cider was available from Brown Knows Cider, AGWA Cocoa Leaf Liqueur attracted



Nasi, Golden Star Vineyards & Winery, Hearthstone Vineyard & Winery, Iconic Wines, LA International Wine Competition (featuring California wines from Strey Cellars and Sagebrush Annie's), Reyes Winery,

many tasters, as well as the popular trio of Belgian beers'—Leffe Blonde, Hoegaarden and Stella Artois—were on tap. Specialty food samples were offered throughout the day from The Broken Bit, Gourmet Blends, Le Chene French Cuisine, Persia Restaurant and Hookah Lounge, Porto's Bakery & Cafe, Tochigan Farms and Truffles N Toffee. Throughout the festival guests were entertained by the sounds of Just Us, Sierra Highway, The Still Moving Project and The Sean Hughes Experience. Vendor booths included a variety of local artists including the SCV Senior Center's very own art and crafting ladies.

The Sierra Pelona Valley Wine Festival at Reyes Winery is always a fun way to get to know local vintners, sample their wines, and taste some authentic local food. There are plenty of handmade crafts and jewelry

Continued on page 5

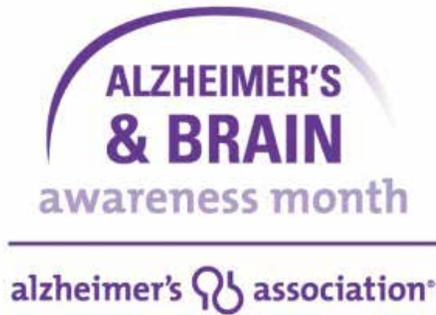
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June is Alzheimer's and Brain Awareness Month

June is Alzheimer's and brain awareness month — an opportunity to join the global conversation about the brain, Alzheimer's disease and other dementias. Did you know that everyone who has a brain is at risk to develop Alzheimer's... a fatal disease that cannot be prevented, cured or even slowed? During the month of June, the Alzheimer's Association® asks people around the world to take the Purple Pledge and use their brains to fight Alzheimer's disease.



Alzheimer's disease is the 6th leading cause of death and kills more people each year than prostate cancer and breast cancer combined. The Alzheimer's Association offers 10 Ways to Love Your

Brain, tips that may reduce the risk of cognitive decline:

1. Break a sweat. Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

2. Hit the books. Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

3. Butt out. Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

4. Follow your heart. Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

5. Heads up! Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

6. Fuel up right. Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

Father's Day Lunchtime Concert

Join us on Friday, June 17 from 11:30am – 12:30pm in the SCV Senior Center Dining Room to celebrate Father's



Day with a delicious lunch and jiving jazz tunes!

The renowned youth band from "Cultivating Creative Minds" will perform a variety of songs on instruments which include piano, bass, drums, tenor sax and trumpet.



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email: linda@santaclaritamagazine.com

7. Catch some Zzz's. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

8. Take care of your mental health. Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

9. Buddy up. Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community – if you love animals, consider volunteering at a local shelter.

10. Stump yourself. Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic.

Source: <https://rodgermarion.com/2015/06/26/june-is-alzheimers-and-brain-awareness-month/>

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Tracy Arenal
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Volunteer at the SCV Senior Center! Call us at 661-259-9444.

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

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
 - **Chair Yoga** – Tues & Thurs, 2-2:30, Dining Room, with Instructor Laure Sears
 - **Chair Yoga Dance** – Tues & Thurs, 2:30 – 3:00, Dining Room, with Instructor Laure Sears
 - **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
 - **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

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
- **Bingo** – 1st and 3rd Thursdays, 2 p.m., Dining Room (\$10 – cash only)
- **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



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First & Third Thursdays

June 2 & June 16

2 p.m. to 5 p.m.

Doors open at 1:30 p.m.

\$10 (cash only)

SCV Senior Center Dining Room

Try your luck to win cash prizes!

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 their sponsorship.

June is Cataract Awareness Month!

Prevent Blindness America has declared June as cataract awareness month. Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world. There are 24 million Americans over the age of 40 who are affected by cataracts, so it seems fitting that an entire month should be dedicated to education and awareness.

In anticipation of Cataract Awareness Month, here are some common questions and answers about cataracts:

What is the treatment for cataracts?

Even though cataracts are so prevalent, they are very simple to treat. Cataracts are a clouding of the lens of the eye, which prevents passage of light into the eye. The solution to cataracts is cataract surgery, which requires a surgeon to remove the deteriorated lens and replace it with an artificial lens called an intraocular lens or IOL. Over 3 million Amer-



icans undergo cataract surgery annually, making it one of the most common surgeries in the United States. In fact, the entire surgery lasts only about 20 minutes, and most people can resume normal activities the fairly rapidly.

Is cataract removal safe?

Cataract surgery is one of

Continued on page 8

Thanks, Henry Mayo.



henrymayo.com/stories



My Amazon Adventure

by Rita Roth

Please don't misunderstand. When I speak of my Amazon adventure I am not going to tell you a story of how I bravely went up the mighty Amazon River in a paddle boat, or however it's done. I am not what you would call the adventurous kind and I would rather curl up on the couch with a good book than go white river rafting or something of that ilk.

The Amazon to which I refer is that giant conglomerate which sells everything that you might possibly want and lots of stuff that you don't. For some reason that I can't fathom the giant Amazon does not like me. How do I know this? Well every time I try to spend my money with them they make me want to take my computer and smash it against the wall.

What do they do to make me feel this way, I hear you ask. Well in the first place they think I am my sister. When, after her dreadful accident she was staying with me, she spent a lot of time on my computer ordering goods from Amazon. Now whenever I log on to their site, they greet me with a cheery "hullo Barbara" Barbara, of course is my sister. No matter how many times I try to tell them that I am Rita, they insist that I am not. I actually thought that I had the problem solved during one of my attempts to force them to take my money. I spoke to a very nice, patient young women, who in spite of my moaning and complaining, kept a very sweet and positive attitude. I don't know how she did it, I would have hung up on me right away. Anyway, after about an hour she managed to convince the powers that be that I indeed was Rita. She gave me a new password and I was finally able to place my order.

So, when my sister told me that she had seen some cookware on Amazon that she would like me to buy for her birthday, I approached my computer with a fair amount of confidence. After all it had been an accepted fact that I was not Barbara and also I was the proud possessor of a brand new password. What could go wrong?

Enter you e-mail address and your password. I did as directed. «Your password is incorrect," I was told. What do you mean it's incorrect"? You are the one that gave it to me. I tried several more times to no avail. It was still unacceptable. Gnashing my teeth I got Amazon on the phone. An equally patient and pleasant person listened while I vented and then vented again. After she performed whatever magic tricks she had to, it was decided by whomever that my password was lovely and quite acceptable. I thanked her and continued trying to order the birthday gift. All went well until I typed in my sister's address. "This is not a valid address," I was informed. What were they talking about? My sister orders from Amazon practically on a daily basis. How did her address suddenly become invalid? By this time I was beside myself and back to the phone with more moaning and complaining. Finally, I don't know how but my sister's address became valid. At last those magic words flashed upon my computer screen. YOUR ORDER HAS BEEN PLACED. It's a good thing that I like my sister.

FEATURING
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MOTOWN BAND
& Special Guest Ms. Alex Nester

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Silent Auction &
Spring Boutique**
In the Lobby
Benefitting the
SCV Senior Center

Dinner, Live Concert & Dancing
Sun. June 26, 2016 5:00-10:30 pm
Hyatt Regency Ballroom
24500 Town Center Drive, Valencia, CA 91355

| | | |
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| Dinner, Show & Dancing \$50 Early Birds till May 10, \$65 after | TICKETS | Show & Dancing only \$30 Early Birds till May 10, \$40 after |
| Tickets available at: | FastFrame Valencia 661-291-1325 24204 Valencia Blvd., Valencia | KHTS 661-298-1220 24320 Main St., Newhall, 91321 |

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Honoring Chuck Morris

Chuck Morris was recognized at the Older Americans Recognition Day Awards Program on Thursday, May 12, 2016 at the Kenneth Hahn Hall of Administration. Chuck's dedicated service plays a vital role in our mission of promoting quality of life for seniors, and has made an immeasurable impact in the Santa Clarita community.

Health Education & Wellness Schedule at the SCV Senior Center

June 2016

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

- **Wednesday, June 1 – 1:00pm:** Social Security Benefit Program and Medicare, with Miguel Palmer, Branch Manager, Social Security Administration, Santa Clarita
- **Friday, June 3 – 1:00pm:** Healthy Cooking Class, Lisa Johansen, MS, RD, ENHANCE Program
- **Wednesday, June 8 – 1:00pm:** Healthy Aging and the Mind, Body, Spirit Connection, Katie Cianci, MSW, Care Coordinator II, Henry Mayo Newhall Hospital
- **Wednesday, June 15 – 1:00pm:** SCV Senior Resource Alliance presents Senior Moments Live – Memory Loss When to Seek Help, Jill M. Brink, Ph.D., Geriatric & Dementia Care Specialist, Aging Interventions
- **Wednesday, June 22 – 1:00pm:** Heart Health, Nina Young, MS, RD, Wellness Education Specialist, Facey Medical Foundation
- **Thursday, June 23 – 2:30pm:** Tri-Valley Aging Network Meeting presents – Opioid Use Epidemic: Is Change Necessary? Pam Geyer, JD, RN-BC, CFN, FACFE, DABFN, Pain Management, Henry Mayo Newhall Hospital
- **Wednesday, June 29 – 1:00pm:** Arthritis Education, Lina Harbee Sosoian, MD HealthCare Partners Medical Group

Health Screenings

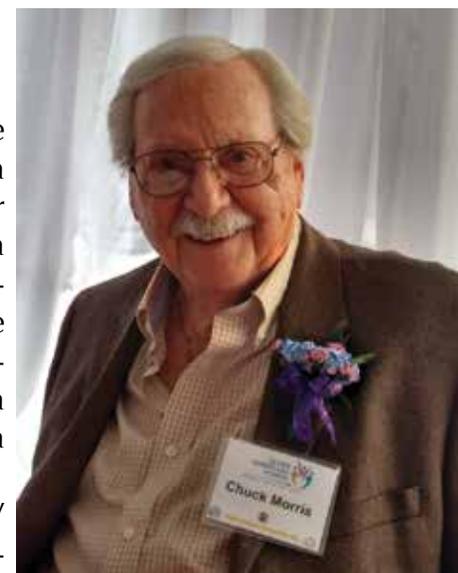
- **Blood Pressure Checks:** Wednesday, June 1 from 12pm – 1pm in the reception office as well as Wednesday, June 8, 15, 22, 29 from 10:30am – 12:00pm in the reception office
- **Hearing Screenings:** No screenings scheduled this month
- **Diabetes Screening:** Thursday, June 2 from 10:30 a.m. to 11:30 a.m. in the 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:** June 13 and June 27, 12:30 – 1:30pm, Bouquet Canyon Senior Apartments

Chuck Morris brought the Traveling Viet Nam Wall to Santa Clarita, impacting the lives of over 20,000 guests. He organized a Memorial Day Parade and participates in Operation Gratitude to boost the spirits of service people. He is currently working on a Fallen Warriors Monument and a Military Banners Program.

Chuck is active in every SCV Senior Center fundraising committee, ensuring crucial services are provided to seniors. A Korean War veteran, Chuck is pas-



sionate about helping those who have served in the military. He founded the SCV Senior Center Veterans Club, is Commander of the local Friendly Valley Veterans Club, and is Vice Com-



mander of the VFW Post. The SCV Senior Center is proud to nominate Chuck for this honor!

Eunice Kennedy Shriver

A Historical Reenactment with Louise Willard

Louise Willard is a member of the American Association of University Women. She brings notable women in history to life.

Friday, June 24

1 p.m. to 2 p.m.

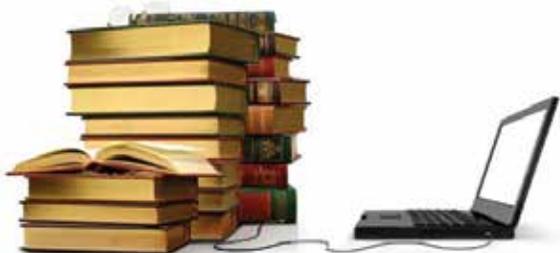
Rooms A-1 & A-2

Eunice Mary Kennedy Shriver, (July 10, 1921 – August 11, 2009) founded Camp Shriver in 1962 which started on her Maryland farm known as Timberlawn and, in 1968 evolved into the Special Olympics. She was a sister of President John F. Kennedy; her husband Sargent Shriver was U.S. Ambassador to France and the vice presidential candidate in the 1972 presidential election. Eunice Shriver founded the movement that became Special Olympics, the largest movement for acceptance and inclusion for people with intellectual disabilities in the history of the world. Her work transformed the lives of hundreds of millions of people across the globe. She was awarded the nation's highest civilian award, the (U.S.) Presidential Medal of Freedom, in 1984 by U.S. President Ronald Reagan because of her work on behalf of those with intellectual disabilities.



Books & Blogs Workshop

Thursday, June 2
9:00 – 11:00 a.m.
Support Service Conference Room
Donations Accepted for SCV Senior Center



Book Coach and New York Times Bestselling Ghostwriter, Judith Cassis will teach you to write your own blog in three easy steps. Judith will also provide information on self-publishing your book.

Have you always wanted to write a book or start a blog? This workshop will show you where to begin! Judith Cassis will teach how to self-publish your own books or prepare for a traditional publisher. Along with her own works, Judith also published 6 anthologies with local authors between ages of 43 and 94. What is a blog? It is similar to an online diary. It is a thread of articles you write and either keep private or share with others. Learn how to create your own!

Bring paper and pen for notes. A workbook will be provided.

We have a Great Need for Volunteer Drivers

The home delivery meal program delivers over 300 delicious and nutritious meals a day for home-bound seniors, Monday through Friday.

Some of our volunteer drivers have been driving for over 10, 12, even 24 years.

Home-Delivered Meal drivers receive an orientation and are trained on our routes.

You will do a ride along a few times to learn the route which is easy here in the Santa Clarita Valley.

Our drivers utilize our vehicles, which are economical Nissan Cubes. Once you learn the route, it is necessary to run a basic DMV check to review your driving record, and then you will be added to our insurance.

We have 10 routes some – some serve 34 meals, others serve 22 meals depend on the area.

The Home Delivery Meal (HDM) Volunteer driver normally arrives at 9:30 a.m. The meals get loaded into the vehicles by 9:40 a.m. and they are gone by 9:45 a.m.

On average it takes at least one hour and 30 minutes to complete a route. Remember we don't only serve a meal, we also deliver a smile and a very brief conversation.

To schedule a ride along and quick orientation, please feel free to call Lynne Hazen at 661-259-9444 ext.114.

TRIPS & TOURS

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

Laughlin – 3 Days & 2 Nights

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Agua Caliente Casino

Tuesday, July 05, 2016
Depart: 8:00 am • Return: approx. 6:30 pm
Cost: \$28 per person (no refunds)
Experience the slot players dream with more than 1,300 machines, including more than 750 penny slots, progressive and much more! For the poker players, it's the only casino with a live poker room in the valley! With 36 of your favorite Table Games, there's something for everyone!



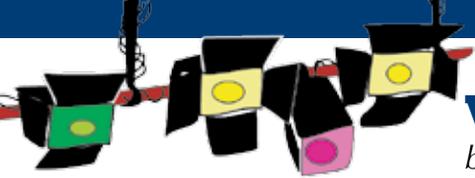
Ice Cream Social and Create Your Own Memoir

Saturday, June 11
11 a.m. – 12 p.m.

Senior Center Dining Room
No charge

RSVP to Robin: 661-259-9444, rclough@scv-seniorcenter.org
Indulge in refreshing ice cream while sharing your life stories for posterity!

LDS Youth Group members will interview you and document your history on a CD for you to pass on to your descendants. Sponsored by the Santa Clarita Stake LDS Church Youth Group



Volunteer Spotlight - Councilwoman Marsha McLean

by Robin Clough, Volunteer & Recreation Coordinator

Volunteer and City of Santa Clarita Councilwoman Marsha McLean has a long history of commitment to the SCV Senior Center. While a student at College of the Canyons, she chose to produce and narrate a film documenting SCV Senior Center programs. Marsha comments, "Even then I felt a kinship with the Center and their services. I love talking to those who have experience in life and are willing to be active."

As early as the 1980's she was an integral part of the SCV Se-



nior Center's annual Wine Auction, the infamous Celebrity Waiter event, and is a founding member and chairperson of the popular Touch-A-Truck fundraiser. "Touch-A-Truck is a family event that is so much fun!" Marsha shares enthusiastically. "What could be more perfect than a venue that brings all generations together!"

Marsha is a lifelong volunteer. She spent summers as a teenager assisting the Special Children's Association and later was active with the Boys & Girls Club, the Heart Association, and an endless list of other philanthropic organizations. As a member of Zonta, Marsha spent holidays baking breads from scratch and meticulously packaging them for homebound seniors, ensuring each would receive this special gift.

Marsha has been tireless in advocating for Santa Clarita residents fighting the Elsmere Dump and Cemex Mine and keeping the doors of the old Newhall Library open when the threat of closure loomed because of its small size. She played a role in transforming an empty lot into the meaningful Veterans Historical Plaza. Marsha is grateful to seniors for their support stating, "Where else could I come for people who know what's going on and will be activists than the SCV Senior Center!"

Marsha says she "is happy the City and County contributed financially to help build a larger new senior center. I think it's great activities can be expanded enabling everyone in the community to enjoy them." With a passion for tap dancing, even Marsha has taken advantage of lessons at the SCV Senior Center. Volunteer and Councilwoman Marsha McLean certainly doesn't miss a beat in promoting quality of life for seniors!

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Cataract continued from page 4

the safest and most effective surgeries with a success rate of 95 percent. Your surgeon will remove your clouded lens and replace it with an intraocular lens (IOL). Only a miniscule incision in the cornea is necessary to do this procedure, and it can be completed in about 15 minutes in an outpatient surgery center

Do cataracts only affect seniors?

Cataracts can affect anyone! Although most people do not show symptoms of cataracts until at least the age of 40, cataracts can also affect young adults or even children. Heredity, disease, eye injury and smoking could cause cataracts to develop at an earlier age.

Can I prevent cataracts?

There is no proven way to prevent age-related cataracts. However, choosing a healthy lifestyle can slow the progression of cataracts. Some ways to delay the progression of cataracts include avoiding smoking, reducing exposure to UV rays, eating healthy foods, and wearing proper eye protection to avoid eye injury.

Source: <http://yoursightmatters.com/june-cataract-awareness-month/>

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Ask the Experts at Advanced Audiology



Q: How does diabetes affect hearing loss?

A: If you or someone you know has diabetes, you are probably familiar with the damage the disease can do to the circulatory system. What you might not know is that the same glucose overload that destroys parts of the body also often diminishes hearing. According to a study conducted by researchers with the National Institute of Health, some

forms of hearing loss are more than twice as likely among diabetics.

It is often assumed that a hearing deficit would be quickly recognized by the individual, but an individual with hearing loss most often attributes the condition to noise levels in the room or to others' "mumbling." In fact, the average person waits five years before getting treatment for hearing loss!

Decreased hearing is not confined to older diabetics — children and younger adults with diabetes have shown mild to moderate levels of hearing loss. Such deterioration ensures that the auditory world is cut off from a diabetic individual, little by little. A hearing deficit can weaken a person's ability to communicate, can lead to depression and isolation, and can contribute to Alzheimer's and dementia.

Diabetics and their families need to be aware of this increased risk as screening for hearing loss, unlike vision, is not among the current battery of tests routinely given to diabetics. Advances in

technology and testing make diagnosing and treating hearing loss relatively easy and cost-effective, thus eliminating any further barriers to improving the auditory health of a diabetic.

If you, or loved ones, want to learn more about the effects that diabetes has on hearing loss, contact our experts at Nola Aronson's Advanced Audiology, 661-877-9061. If you have questions you'd like to "Ask the Audiologist", please email Nola@scvadvancedaudiology.com.



The April NeedleCrafters Boutique and sales of their beautiful handiwork at the Sierra Pelona Wine Festival fundraiser brought in an amazing \$1,009! All proceeds were donated to the SCV Senior Center. Thank you NeedleCrafters for your hard work and busy hands in support of the SCV Senior Center!



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1

You worked with an inexperienced audiologist

2

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3

They don't fit properly and are uncomfortable

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With our exclusive **Exact Match Hearing Process™** we guarantee that your hearing aids will fit perfectly and provide the most comfort along with the best hearing experience possible.

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A \$100 value. Space is limited so schedule now!



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We Love to Help You Hear



Special Needs Planning

by Jane M. McNamara, Elder Law Attorney

If you have a child or family member with a disability, you want to ensure they have the best care, attention, and quality of life. This is important now, and also in the future when you are no longer able to act as their advocate.

Parents often create a Special Needs Trust for the benefit of their disabled child. They create a Special Needs Trust in addition to their own separate Revocable Living Trust. Upon the parent's death, a designation portion of their assets pass through the Revocable Living Trust (without probate) and into the Special Needs Trust for the benefit of the disabled child. The disabled child's inheritance is held and managed for their benefit, and a designated "trustee", chosen by the parent, ensures the trust money pays for care, goods and services needed by the disabled child.

Without a plan, assets left to a disabled person will most likely cause loss of public benefits. For those eligible for SSI, for example, this could be over \$600,000 of lifetime benefits. The inheri-

tance could also interfere with Medi-Cal insurance benefits, which is sometimes critical to pay for expensive prescription medication and medical care. In addition, without a plan, the court would likely become involved, adding complication and cost.

No parent would want this result. Therefore, most parents of a disabled child take the time to plan. A properly drafted Special Needs Trust is designed to provide for the disabled child, and not interfere with eligibility for important government benefits or Regional Center services. It will promote the child's comfort, happiness and quality of life, by providing services not covered by public benefits. The parent appoints a "trustee" to manage the trust and purchase goods and services the disabled beneficiary needs, without court intrusion.

There are different types of Special Needs Trust, and legal guidance is important in this complicated area.

For more information, or for a consultation, please contact the McNamara Law Firm, PC at 661-287-3260, or visit www.theMcNamaraLawFirm.com.

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Sierra Pelona continued from page 1

from artisans and a stage with live music; all surrounded by vineyards in the early growing season. The visual impact of the mountain vineyards is absolutely stunning.

The SCV Senior Center wishes to thank everyone that contributed and helped to support this wonderful event. We especially thank Robert Reyes and Beth Heiserman from Reyes Winery for choosing the SCV Senior Center as this year's event beneficiary.

How Will You Care For Your Aging Loved One?

We provide Elder Law & Life Care Planning to the Elderly and those with Long-Term Illnesses. Our mission is to enable clients to age with dignity, without outliving their funds.

We assist with obtaining VA Benefits, Medi-Cal, and other resources for our clients.



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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 SCV Dining Room
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- Improved Mobility
- Stronger Muscles
- Improved Cognitive Function
- Relief from Stress
- Social Interaction



Laure Sears

Chair Yoga •
 2:00-2:30 pm
 Chair Yoga improves breath capacity, spinal alignment, balance, strength, flexibility, and posture.

Chair Yoga Dance • 2:30-3:00 pm

Chair Yoga Dance exercise



program uses an upbeat movement and motion musical flow, working on cardiovascular fitness, increasing strength, mobility and visual skills all with the use of the chair.

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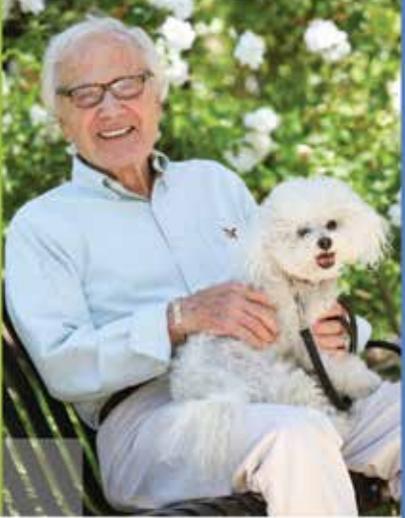
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| Choice Day is for Congregate Sites only. HDM Recipients will receive Option A. | | 1 BBQ Pulled Pork Sandwich (Fresh Baked Ciabatta Roll) | 2 Lemon Caper Chicken (Chicken with lemon wedges and capers) | 3 Choice Day A) Pork Enchilada Casserole OR B) Vegetarian Quiche |
| 6 Cranberry Chicken (Chicken with cranberry sauce) | 7 Braised Pork Stew (pork with onion, yellow bell pepper, garlic, tomatoes, rosemary & thyme) | 8 Chicken Piccata (Chicken with sauce of lemon, garlic and capers) | 9 Chile Egg Puff A Senior Center Favorite! | 10 Pescado Veracruz (Fish filets braised with tomatoes, capers, olives and herbs) |
| 13 Pasta Bolognese (pasta with a slow simmered meat sauce) | 14 Salade Nicoise with Tuna (spring mix with beets, tomatoes, green beans, cucumber & black olives) | 15 Meatloaf & Gravy | 16 Cuban Style Chicken (chicken served with onions, peppers, garlic, tomato sauce, oregano & cumin) | 17 Roast Pork Loin and Gravy |
| 20 Chicken Supreme (Chicken with mushroom cream sauce) | 21 Choice Day A) Beef Liver and Onions OR B) Beef Taco Salad | 22 Rustic Style Pasta (pasta with chicken and garden vegetables) | 23 Pork & Beef Chili | 24 Roasted Cod Alla Puttanesca (cod fish with a savory diced tomato, capers & olive sauce) |
| 27 Fish and Chips | 28 Taco Salad | 29 Russian Chicken (Sweet Creamy Red Sauce over Chicken) | 30 Spaghetti Marinara and Meatballs | |

Note: Menu is subject to change without notice.

Menu for June 2016

Saturday, June 18

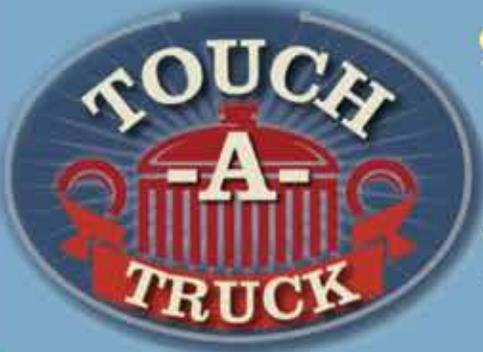
9:00 a.m. – 1:00 p.m.

at Central Park

27150 Bouquet Canyon Road,
Santa Clarita, CA 91350

"Come and enjoy a family friendly day that will give children young & old a chance to explore all kinds of amazing vehicles."

Councilwoman, Marsha McLean
Honorary Event Chair



Get up close and personal with cool vehicles and the people who drive them!

\$5 per person
Dads accompanied by a child get in FREE!



- Police Cars
- Fire Trucks



- Ambulances
- Dump Trucks



- Construction Rigs
- Military Vehicles
- And Many More!



• Food Trucks



Interested in being a sponsor, vendor or vehicle exhibitor? Contact Jennifer at 661-259-9444 Ext. 144 or email: jdehaven@scv-seniorcenter.org

The SCV Senior Center is a 501(c)3 nonprofit organization dedicated to promoting quality of life for seniors. Tax ID# 95-3081997 Neither sponsored nor endorsed by the school or the district.

All net proceeds go directly toward supporting the programs and services of the SCV Senior Center including hot nutritious lunches and home-delivered meals, wellness programs, lifelong learning classes, fitness and exercise, volunteer opportunities, and more to enhance the independence, dignity, & quality of life for seniors.