

THE MIGHTY OAK

July 2016

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

Santa Clarita Valley Senior Center Announces New Executive Director

After a four-month search, the Santa Clarita Valley Senior Center is pleased to announce Kevin MacDonald as its new Executive Director. "The Santa Clarita Valley Senior Center is at an exciting place as we approach our 40th anniversary," said Board President, Peggy Rasmussen, "we searched with great care to find the right candidate to help lead this grassroots organization forward.

Our goals are to continue to provide exceptional service to the seniors of the Santa Clarita Valley while creating and implementing new, expanded programming for seniors of all capacities. The Executive Director position is integral as we continue to explore and identify opportunities to fulfill our mission and expand our organization."

Mr. MacDonald has a unique combination of nonprofit and business experience. Kevin spent over two decades as Executive Director with The Arc Los Angeles and Orange Counties, a CARF accredited, nonprofit organization dedicated to the needs of children and adults with intellectual and developmental disabilities. "I believe my 23 years of leading The Arc is excellent preparation to take on this new challenge of serving the Senior community and building on the successes of the SCV Senior Center. "

Mr. MacDonald has a Bachelor's degree in Business from the University of Dayton, Dayton, Ohio and a MBA with a concentration in Public/Nonprofit Management from the University of



Kevin MacDonald

California at Berkeley.

Passionate for growth, Mr. MacDonald is excited to be at the helm as we continue to move toward the new, expanded facility. "I believe this is a wonderful opportunity to establish a new location for the Center, expand services for all seniors and further engage the region." Kevin begins his role at the Santa Clarita Valley Senior Center on Monday, July 11.

For over 39 years the Santa Clarita Valley Committee on Aging has collaborated with government and private entities to offer an unrivaled array of programs and services that keep seniors physically active, mentally sharp and socially connected, while also providing their caregivers and adult children support, respite, and peace of mind. With over thirty individual programs, the Santa Clarita Valley Senior Center has one of the largest spectrums of programs and services for senior citizens in the state of California.

Motown Comes to Santa Clarita!

Keep your eyes peeled for the next issues of *The Mighty Oak* which will feature all the highlights from the evening.



What's Inside?

Classes at The Center ... page 3
Health & Wellness Schedule ... page 6

Trips & Tours ... page 7
Menu For July ... page 11

What is Life Care Planning?

by Jane M. McNamara, Elder Law/Life Care Planning Attorney



The needs of the elderly and disabled are not just financial. Each day, our Seniors are confronted with new needs and new challenges. These involve declining health, declining memory and cognitive function, as well as finding and paying for proper care.

Elder Law has traditionally focused on protecting assets from the high cost of skilled nursing care. However, a few Law Firms now provide Life Care Planning, which focuses on ALL of the needs of the elder, not just asset protection. The goal of Life Care Planning is to promote and maintain good health, safety, well-being, and quality of life for the elderly and disabled, and to help guide the families who care for them. Our Elder Law attorneys, Elder Care Coordinators, and team of legal professionals work with our clients to establish quality care, help with important decisions, apply for benefits (Medi-Cal and VA Benefits), and provide guidance and advocacy. As a result, the Senior receives better care, is able to pay for that care with the assistance of benefits, preserve their assets, and stay out of a nursing home.

At the McNamara Law Firm, our team strives to:

- Assure that your loved one gets the appropriate level of care, whether at home or in a facility, and to maintain the best quality of life possible;
- Identify, and then qualify and apply for benefits to help pay for expensive care (assisted living, board and care, in-home caregivers, skilled nursing facilities);

Continued on facing page



Contributing Writers:

Jane M. McNamara
Nola Aronson
Rita Roth
Robin Clough
Sarah Stevenson

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22900 Market Street, Santa Clarita, CA 91321

Tel: 661-259-9444 • FAX: 661-255-5195

For Advertising Information Contact:

Jennifer DeHaven
Executive Assistant

JDeHaven@scv-seniorcenter.org
661-259-9444

www.scv-seniorcenter.org

Production: Prime Publications, Inc

Tel: 661-294-4444 • FAX: 661-294-4442

email: linda@santaclaritamagazine.com

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



McNamara Law Firm, PC

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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., & Fri., 8:30 a.m. to 9:30 a.m., Dining Room
- **Flex & Flow Yoga** – Mon. & Wed., 4:15 – 5 p.m. in the Dining Room with Inst. Diane Hedrick
- **Restorative & Gentle Yoga** – Thurs., 8:20 a.m. – 9:20 a.m., Rooms 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 to 4:15 p.m. in the Dining Room with Inst. Diane Hedrick

Lifelong Learning

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

Personal Development

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

Recreation & Leisure

- **Beginning Duplicate Bridge Lesson** – Tues., 12:30 p.m.–4:30 p.m. Room A6
- **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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- Transportation/Errands

Jane McNamara continued from facing page

- Preserve and protect assets, minimize taxes, and eliminate State recovery against the home;
- Assure that the legal documents are in order, and guide the family in managing the Senior's health, finances, and other important issues.

Unfortunately, the health care industry often falls short of providing quality services to our Seniors, or providing appropriate options regarding long term care. Families need advocacy and guidance when trying to help their elderly loved one, and this advocacy and guidance is the centerpiece of Life Care Planning. Our team works very hard to help each client navigate the complex areas involving senior health care, monetary benefits that help pay for care, asset protection, and other difficult issues associated with aging.

For more information, or for an appointment, please call the McNamara Law Firm, PC at 661-287-3260, or visit www.themcnamaralawfirm.com.



Save the Date!

Toppers Pizza Night

18417 Soledad Canyon Rd.

August 11, 2016

All Proceeds Benefit the SCV Senior Center Dancing with Our Stars



SCV Senior Center Flexes Its Volunteer Muscle at the Santa Clarita 4th of July Parade

by Robin Clough, Volunteer & Recreation Coordinator

Cheer for your SCV Senior Center float at the Santa Clarita 4th of July Parade! The parade theme “Volunteering Makes Us Stronger” is certainly true at the SCV Senior Center where volunteers contribute over 60,000 hours a year to promote quality of life for seniors!

Our parade float banner slogan is “Strength in Volunteers” which highlights the power of SCV Senior Center volunteers in providing critical services. The banner is composed of a dramatic rendering of the bald eagle and American flag as symbols of strength.

Be sure to salute Veteran and Senior of the Year Chuck Morris who will ride in a Home-Delivered Meal vehicle. SCV Senior Center volunteers flex their muscles lifting weights along the

parade route indicating their impact on strengthening the SCV Senior Center and our community. An enormous barbell will be lifted on the float. Music of Ghostbusters with lyrics altered to “Who You Gonna Call? Senior Center Volunteers!” is sung by Performing Arts Coordi-

nator John Swinford. Seated at the front of the float is Rosie the Riveter authentically portrayed by volunteer Louise Willard.

We greatly appreciate the kind generosity of parade t-shirt sponsors Bob Comer and Bob Comer Print Sales, Inc; Barbara Morris and B. Graphic; and Becky Bunjak. Our thanks to Dolly and Richie Pauley of Town and Country Carriage for providing the classic wagon and Pat Kouri for the John Deere tractor. Liza Lieberman shared her amazing technology aptitude in the music recording.

The creative building of the float and props would not have been possible without the tireless work of Louise Willard and family, June and Tess Carlos, Dr. Gene Dorio, and Wayne Burns.

The parade begins at 9 a.m. at 5th Street and Main Street and concludes on 16th Street. See you there in your red, white, and blue!



Thanks, Henry Mayo.



henrymayo.com/stories

Ask the Experts at Advanced Audiology

Q: How is hearing loss in children linked to obesity?



A: There has been a 30 percent increase in hearing loss among adolescents over the past 20 years. Though the majority of the blame has fallen on the widespread use of MP3 players and earbuds, there now appears to be a new suspect in this dramatic increase — obesity.

According to a recent study, obese children were twice as likely to have sensorineural hearing loss (SNHL) in at least one ear. Sensorineural loss indicates damage to the inner ear (cochlea) and is the most common type of permanent hearing

loss.

A rise in SNHL among adolescents parallels the similar rise in adolescent obesity. According to the Centers for Disease Control and Prevention, "The percentage of children aged six to 11 years in the United States who were obese increased from seven percent in 1980 to nearly 18 percent in 2010. Similarly, the percentage of adolescents aged 12 to 19 years who were obese increased from five percent to 18 percent over the same period."

The increase in hearing loss among overweight children is troubling as many parents remain unaware of the subtle signs of hearing loss and children themselves often don't recognize the condition.

Hearing loss often goes unnoticed because the symptoms mimic normal childhood behaviors such as trouble paying attention or not responding when called upon. This new research further cements the need for all children to have annual hearing checkups with a hearing health professional.

If you know a child who may benefit from a hearing test, please 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.

Serve A Meal, Serve A Cause

by Robin Clough, Volunteer/Recreation Coordinator

Every weekday, around 300 Santa Clarita homebound seniors await the delivery of a meal that might be the only one they eat that day. At the SCV Senior Center site, over 200 seniors gather daily to share a lunch and joyful interaction with their peers. This amazing accomplishment is possible because of volunteers. Unfortunately, because of a shortage of volunteers, meals are in jeopardy of not being served. Who are these senior meal recipients? They are your parents, grandparents, teachers, first responders, and veterans. They are the ones who established the foundation of our community.

From the early days of America, volunteers have given of their time and energy to treat community needs. The SCV Senior Center Nutrition Program is experiencing a critical dearth of volunteers and hopes in that same spirit those in Santa Clarita will answer the call. Make a difference by contributing as little as a few hours a week or even serving as an on-call volunteer when your schedule allows. Nutrition Program volunteers shifts are any weekday. Lunches for the homebound are packed from 6:00 a.m. to 10:30 a.m., and lunches are served on site with kitchen cleanup from 11:00 a.m. to 3:00 p.m. Your time and efforts will not only make a positive difference in a recipient's life, but allow you to serve by honoring those who have served you.

Contact Volunteer Coordinator Robin Clough at 661-259-9444, or rclough@scv-seniorcenter.org.



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1

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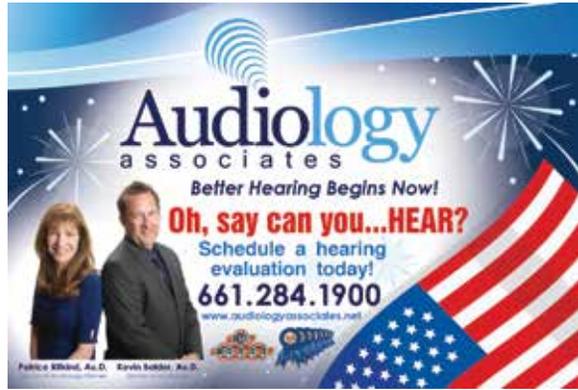


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Girl Scout Troop 7142 Achieve Silver Awards and Ensure Safety

by Robin Clough, Volunteer & Recreation Coordinator

Thank you Girl Scout Troop 7142 for donating earthquake and first aid kits to the SCV Senior Center. Scouts Keeley Shaughnessy, Allyson Asis and Samantha Mccray chose to help the Center as a community service project for their Silver Awards. Funds for disaster supplies were raised by going to local businesses, obtaining a corporate donation, and even baking cookies and cupcakes



for bake sales. The Scouts and the SCV Senior Center express special appreciation to Boston Scientific in Valencia for their generous donation to this cause.

With their hard-earned proceeds the girls purchased lan-



terns, radios, and other supplies which they organized into large first aid kits. The SCV Senior Center and its guests were excited when the Scouts presented these life-saving supplies. The girls even offered gift card door prizes for many lucky seniors.

The SCV Senior Center is grateful to Keeley, Allyson, and Samantha for their hard work and commitment to ensuring safety for seniors. Congratulations on earning your well-deserved Silver Awards!

Health Education & Wellness Schedule at the SCV Senior Center

July 2016

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

- **Wednesday, July 6 – 1:00pm:** Healthy Living to 100, Dr. Carolyn Griffin, Back to Health Chiropractic
- **Friday, July 13 – 1:00pm:** Compassion Fatigue, Alissa M. Myatt, LCSW, Henry Mayo Newhall Hospital
- **Wednesday, July 20 – 1:00pm:** Vitamins and Minerals, Lisa Johansen, MS, RD, ENHANCE Program
- **Thursday, July 21 – 1:00pm:** Free Legal Services, Bet Tzedek, By Appointment Only, Call Support Services to schedule an appointment
- **Wednesday, July 27 – 1:00pm:** Living with Arthritis and Related Disorders, Eileen F. Schwartz Breyde, MD, Providence Institute for Human Caring

Health Screenings

- **Blood Pressure Checks:** Wednesday, July 6 from 12pm – 1pm in the reception office. Wednesday, July (13th cancelled), 20th, 27th 10:30am – 12:00pm, Reception Office
- **Hearing Screenings:** No screenings scheduled
- **Diabetes Screening:** No screenings scheduled
- **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:** July 11 and July 25, 12:30 – 1:30pm, Bouquet Canyon Senior Apartments

Concert & Art Exhibit

“Girls Night Out” – Girls’ Concert of Songs Featuring Women’s Names

The Silvertone Singers present a light-hearted, entertaining program to honor some very special ladies. “Girls’ Night Out” consists entirely of tunes featuring women’s names. Enjoy the dulcet tones of the silver-throated chorale, talented instrumentalists, and inspiring soloists as they perform “Once in Love with Amy”, “Laura”, “Maria”, “Barbara Ann”, and many more. Sing along or even dance to your favorite songs. The room will be comfortably air-conditioned but the music will be hot!



Art Exhibit features masterpieces by SCV Senior Center art students. Each artist has donated a painting for sale to benefit the new senior center building fund.

Thursday, July 28
 Concert: 2:45 – 4:30 p.m.
 Art Show: 2:30
 SCV Senior Center Dining Room

Donations Accepted
 Light Refreshments will be served

Color Me Mine Fun at the SCV Senior Center

Wednesday, July 20

9:00 – 11:00 a.m.

SCV Senior Center

Rooms A1 and A2

Prepay by Friday, July 13

Color yourself Crafty! Paint and personalize your own dish or mug. Create the perfect functional gift or keepsake. Cost includes item, supplies, glazing, and firing.

Plate: \$25

Tea mug: \$30

Animal Print Mug: \$26

Moo Mug: \$28

Flamingo Mug: \$28

For more information, please call 661-259-9444.



TRIPS & TOURS

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



Agua Caliente Casino

Tuesday, July 05, 2016

Depart: 8:00 a.m.

Return: approx. 6:30 p.m.

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!

Pala Casino & Resort

Tuesday, August 30, 2016

Price \$28 – No Refunds!

Departs 9:30 am

Returns approx. 6:30 pm

State-of-the-art slot & video machines, 87 table games, 10 great restaurants and 2 lounges with live entertainment. 60+ Club

Members receive a 30% discount on Buffet every Tuesday. All shows start at 1:00 pm with a chance to win \$300 after the show (Must be present to win).



Santa Barbara's John Dunn Gourmet Dining

Thursday, September 22, 2016

Price: \$59.00

No Refunds after August 22, 2016)

Departs at 9:00 am

Returns approximately 7:00 pm

Savor the flavors of Santa Barbara's Culinary School. The banquet includes salad, entrée, beverage and desert. Entrée choices: Salmon with Béarnaise sauce, Chicken Marsala, Beef Tenderloin with Shitake and

Portobello mushrooms, or Vegetarian. After your lovely lunch, enjoy the afternoon strolling through the shops in beautiful downtown Santa Barbara!



Chukchansi Casino & Yosemite

Sun., October 16 – Tues., October 18, 2016

Price: \$159 dbl occ / \$199 single

(No Refunds after Sept. 16, 2016)

Departs: 10/16/16 at 8:00 am

Returns: 10/18/16 at approx. 6:30 pm

The Chukchansi Gold Casino is the only casino located on Yosemite's doorstep! With 56,000 sq. ft., play at 1,700 slot machines and 36 table games. Explore beautiful Yosemite on Monday and return to the hotel for dinner!



First & Third Thursdays

July 7 & July 21

2:00 – 5:00 p.m.

Doors open at 1:30 p.m.

\$10 (cash only)

SCV Senior Center Dining Room

Door Prizes

Try your luck to win cash prizes!

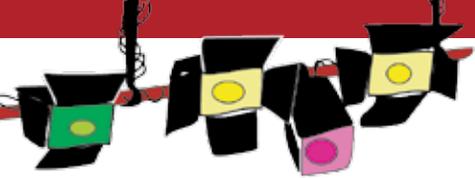
Daubers Available for Purchase - \$1 each

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.

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



Volunteer Spotlight - Marytza Echevarria

by Robin Clough, Volunteer & Recreation Coordinator

Volunteer Marytza Echevarria never fails to answer the call to provide lunches for the homebound elderly and those who enjoy congregate meals. She even assists at our Friendly Valley and Bouquet Canyon Apartment sites. Food Service Director, Joanna Vallelunga, states, "Marytza demonstrates true exemplary vol-



unteerism. She is dedicated, flexible, can fill in for site managers at both of our congregate sites and comes in to help whenever and wherever she is needed."

Marytza has a heart for seniors and shares, "It is important to me to let them know I value the path they paved for us

and to be aware we haven't forgotten their generation." The highlight of her volunteer service is chatting with seniors and listening to their stories. Marytza takes pride in knowing them personally and even remembering the names of all 44 Bouquet Canyon Apartment lunch guests.

Because of a strong desire to give back to the community and get involved with nonprofit organizations and causes, Marytza left her position with a technology consulting firm. "I didn't know the SCV Senior Center existed until I enrolled in Volunteer Match. When I saw the opportunity to help seniors, I said sign me up and I've never looked back since!" she joyfully exclaims.

Marytza was born and raised in Los Angeles and is the youngest of five siblings. She is a huge Dodger fan and enjoys traveling, hiking, bike riding, and jokingly remarks, "dancing and singing when no one is looking." In spite of her active pastimes, she is a powerhouse of energy in her mission to help the SCV Senior Center.

"Being a volunteer at the Center has changed me," Marytza reflects. "I see things from a different perspective. In the corporate world profit is the bottom line, but here cause and advocacy are much more valuable. The smile from a senior brings so much. Everyone should volunteer because you grow from inside."

The SCV Senior Center is grateful for the tireless and committed dedication of volunteer, Marytza Echevarria.

SCV Senior Center Advisory Council

The SCV Senior Center Advisory Council works in conjunction with the SCV Committee on Aging and the SCV Senior Center. The group meets every 3rd Monday of the month and community participation is welcome.



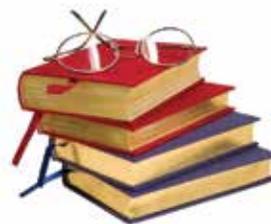
The role of the advisory council member is to be an advocate for the senior center attendees as well as the seniors of the community-at-large. We're here to be a conduit by which information relevant to the senior population is to be discussed and conveyed to the SCVCOA and the SCV Senior Center while promoting Independence, Dignity and Quality of Life.

For more information please contact the SCV Senior Center at 661-259-9444.



After relocating from Seattle, Sylvia Brackebush decided to make the most of her new life and visited the SCV Senior Center for lunch one Wednesday during the performance of house band Fiddlesticks & Ivory Plus. She was immediately befriended by guests Mary & Steve. That was nearly six years ago, and Sylvia says joyfully, "They are still my very best friends, and I've been coming to the Senior Center every Wednesday since! The music is great!"

Senior Center Scholar Series In Celebration of Independence Day



Betsy Ross

Historical Reenactment and slide show with Deborah McIntosh. Deborah is a member of the American Association of University Women. She brings notable women in history to life.



Thursday, July 14
1:00 – 1:50 p.m.
Rooms A-1 & A-2

When we view the flag, we think of liberty, freedom, pride, and Betsy Ross. Elizabeth Griscom "Betsy" Ross (January 1, 1752 – January 30, 1836) is widely credited with making the first American flag purportedly in 1776 upon a visit from General George Washington, commander-in-chief of the Continental Army and changing the shape of the stars he had sketched for the flag from six-pointed to five-pointed by demonstrating on the spot that it was not difficult to cut the latter. The story of Betsy Ross's life is one of triumph through adversity.

Peaches Aplenty

by Rita Roth



This year my peach tree has outdone itself, producing a wonderful crop of plump and juicy fruit. This is both good news and bad news. The good news, of course is that we have a profusion of succulent peaches to munch on. The bad news is I am forced to think up ways to use all of this abundance. To leave the peaches on the tree and pick only the amount that I am ready to use, would be my preference. However, this is not possible.

Why not? I hear you ask. Well the reason is that the squirrels will not let me. Those little rascals scamper up the trunk of the tree, nestle comfortably on a branch and commence feasting. Now being a generous and kindly woman I would have no objection to sharing the fruit of my peach tree. What I would like to see happen is for the squirrel to select a peach, eat it all up and then go away. But this is not what happens. Unfortunately squirrels have never learned the adage "waste not, want not" What those critters do is to pick a peach, take a bite or two, then throw it to the ground and go on to pick and throw unto infinity. What I am met with each and every time I go out is a profusion of squashed peaches on the path, leaking juice all over the place and making a big mess. To add insult to injury, I am then forced into clean up duty. Do you think this is fair?

So, in effort to thwart this evil little squirrel game I decided to pick all of the fruit from the tree, and when I say all, I really mean all, literally hundreds and hundreds of peaches. Now of course the problem arises, how to use them all before they begin to spoil, all too quickly I'm afraid. I have so far made about seven peach cobblers which I have shared with neighbors and friends. I have cooked peaches into a kind of jam which is pretty good when eaten with sour cream or cottage cheese. I have made peach crepes, All of this culinary effort involves much peeling and slicing of peaches. The juice which makes a peach so delightful when you eat it, loses a lot of its charm when it is all over your hands and running up your arm. At this moment there are about sixty peaches sitting in a bowl in my refrigerator, that's all I have room for. Another fifty or so are sitting in a wicker basket on the patio. Every time I go out onto the patio I am confronted by this basket of fruit, which is screaming at me "hurry up and do something before everything goes bad," I am almost tempted to call in the squirrels.

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What's your UV: IQ?

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin.

It's just smart to take good care of your skin

The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

How to protect your skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

Wearing clothing that will protect your skin from the harmful ultraviolet (UV) rays is very important. Protective clothing are long-sleeved shirts and pants are good examples. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.

Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), are between 10 a.m. and 4 p.m. You can head for the shade, or make your own shade with protective clothing - including a broad-brimmed hat, for example.

Use extra caution when near reflective surfaces, like water, snow, and sand. Water, snow, sand, even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.

You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

Generously apply broad-spectrum sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

Even if a sunscreen is labeled as "water-resistant," it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.

UV rays are their strongest from 10 am to 4 pm Seek shade during those times to ensure the least amount of harmful UV radiation exposure. When applying sunscreen be sure to reapply to all exposed skin at least 20 minutes before going outside. Reapply sunscreen every two hours, even on cloudy days, and after swimming or sweating.

UV rays can also penetrate the structures of your eyes and cause cell damage. According to the CDC, some of the more common sun-related vision problems include cataracts, macular degeneration, and pterygium (non-cancerous growth of the conjunctiva that can obstruct vision).

To protect your vision, wear a wide-brimmed hat that keeps your face and eyes shaded from the sun at most angles.

Continued on facing pag



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Honoring Sandwich Generation Caregivers

Tips to Ease the Caregiving Burden

by Sarah Stevenson

Being a Sandwich Generation caregiver can be a source of emotional and financial strain, despite the intangible rewards. So what can caregivers do to manage their time, relationships and budget?

Here are a few tips from the experts:

1. Hold family meetings.

Caregiving doesn't have to be a one-person show. Today's Caregiver magazine suggests splitting up the task list each week so everyone is clear on expectations and what needs to be accomplished. Setting an action plan for the future can really help, too, says Kiplinger.com — especially if there are prospective financial challenges to manage, such as selling an elderly parent's house.

2. Ask for professional assistance.

Resources such as a local social worker, the Area Agency on Aging, or the U.S. Health and Human Services website, Long-TermCare.gov, can help you figure out the logistics of caring for children and senior parents at the same time. Similarly, Kiplinger suggests getting in touch with a financial planner or accountant to figure out the realities of your budget. Doing this ahead of time, if you anticipate needing to care for elderly parents, can help fend off monetary difficulties down the road.

3. Plan ahead with your kids.

The Kiplinger website suggests getting children into the savings habit early. For adult children, they should make sure to contribute to a retirement plan, even if they are still relying on some support from you. When kids have to move back home, it can be difficult to think about charging them rent, but setting financial boundaries is key to managing a multigenerational household budget. Of course, an emergency is a different story, but if your children need long-term support, it's time for another family meeting!

Continued from facing page

Wear wrap-around style sunglasses with 99 or higher UV block

Effective sunglasses should block glare, block 99 to 100% of UV rays, and have a wraparound shape to protect eyes from most angles.

When planning your outdoor activities, you can decide how much sun protection you need by checking the Environmental Protection Agency's (EPA) UV index. This index measures the daily intensity of UV rays from the sun on a scale of 1 to 11. A low UV index requires minimal protection, whereas a high UV index requires maximum protection.

4. Don't forget to care for yourself.

Caring for the caregiver is critical — staying healthy, eating right and getting enough rest means you'll be in tip-top shape to care for your loved ones at home. But don't be afraid to slow down, either, if your body is clamoring for a break. See a health care professional or look into a few days of respite care to enable yourself to recuperate.

Are you a Sandwich Generation caregiver? What has your experience been like? Do you have anything that you'd like to share with other caregivers about things you've learned along the way? We'd love to hear your suggestions in the comments below.

Source: www.aplaceformom.com/blog/2013-07-02-honoring-caregivers-sandwich-generation-month/



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  CENTER CLOSED	 5 Fish and Chips	6 Cranberry Chicken (Chicken with cranberry sauce)	 7 Kalbi Beef (Korean style beef strips in sweet & savory sauce over wild brown rice)	1 Chicken Galinhada (Brazilian chicken stew w/tomatoes & onions)
11 Braised Pork Stew (pork with onion, yellow bell pepper, garlic, tomatoes, rosemary & thyme)	12 Chicken Galinhada (Brazilian chicken stew w/tomatoes & onions)	Choice Day 13 A) Roasted Fish OR B) Greek Salad with Hot Fish	14 Napa Almond Chicken Salad Sandwich (apples, grapes, chicken celery)	15 Mediterranean Meat Stew (brown & wild rice, cubed beef, gravy)
18 Fish Taco (tortilla, fish, lettuce, tomatoes, cheese)	Choice Day 19 A) Beef Liver and Onions OR B) Egg Hash (shred pork, egg, spinach, potato)	20 Lemon Caper Chicken (Chicken with lemon wedges and capers)	21 Fish Veracruz (Fish filets braised with tomatoes, capers, olives and herbs)	22 Turkey Burger (whole grain bun & turkey patty)
25 Pasta Bolognese (pasta with a slow simmered meat sauce)	26 BBQ Pulled Pork Sandwich (fresh baked ciabatta roll)	27 Egg Salad Sandwich (whole grain bread, diced egg, savory mayo)	28 Balsamic Chicken (chicken with balsamic sauce)	29 Roasted Cod Alla Puttanesca (cod fish with a savory diced tomato, capers & olive sauce)

Note: Menu is subject to change without notice. Choice Day is for Congregate Sites only. HDM Recipients will receive Option A.

Menu for July 2016



As a friend of the
SCV Senior Center
we are asking for your participation in
“Dancing With Our Stars”



Friday, August 27, 2015
Santa Clarita Performing Arts Center
@ College of the Canyons starting 6 pm

Ashley Guardino and Michael Hogan
will be dancing for
the SCV Senior Center



Even if you can't attend the event there's an opportunity for you to be involved. On the night of the event, the dancing duos will be judged and guests will have the opportunity to cast money votes using script. Vote by purchasing script for the dancer and the non-profit organization of your choice. For those who cannot attend, you can pledge money 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. At the end of the night, the script money, judges' votes and proxy votes will be added up and a winner will be determined. Second and third place dancing pairs will also win awards. Any money raised from the profit of the ticket sales and sponsorships will be divided amongst the 1st, 2nd and 3rd place winners.

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: _____

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I Would Like to Purchase Number of Votes _____ X \$25 each vote = *\$ _____

***Please make proxy vote checks payable to the organization you are supporting.**

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