



# SCV SENIOR CENTER Connections

MAY, 2017

## *Help Us Build A New Center*

[www.newseniorcenter.com](http://www.newseniorcenter.com)

*Inside ...  
Health & Wellness  
Trips & Tours  
Word Games  
May Menu*



## 2017 – Building for a Better Tomorrow!

A Series of Articles by  
Executive Director  
Kevin MacDonald

I wanted to share the speech I gave at the Public Launch of our Capital Campaign.

We are proud to announce that the SCV Senior Center has officially launched our Public Capital Campaign. The new Senior Center will cost over \$11 million dollars, but we have been fortunate to secure over \$8 million to date.

We cannot start building until we raise the remaining \$2.3 million dollars and thus the start of our campaign and reaching out to you.

The plans for the new Senior Center have been in the works for over four years. There has been planning, planning and more planning. The Board and staff have done research, focus groups, surveys and reviewed other centers. We have engaged the Board of Directors and staff. We have hired the best architects and have brought together the finest group of specialists in the Valley to make all this a reality. As we continue to bring together the City of Santa Clarita, the County of Los Angeles, the State of California and even Congress to complete this project we will not only keep talking to our current seniors but we will continue to focus on the seniors of the future.

Our DREAM is to create a venue where this generation of seniors and the next generation will enjoy. We DREAM of not just a lunch room – but a Banquet Hall where lunch is served every day on plates in a carpeted room with the finest tables and chairs. We dream of not just rooms – but 7 multi-purpose rooms for an adult education center, technology center, arts and crafts, hobbies, reading clubs and so much more. We DREAM of a family room with a fireplace where friends can gather and share their stories. We DREAM of a kitchen which can provide hundreds of meals a day and teach culinary arts. We DREAM of a Day Program for adults with Alzheimer’s and other forms of dementia that is large enough to serve them. We DREAM of a Health & Wellness Center, Financial Center, Beauty Center and so much more.

We are not just building a New Center, but creating a future!

If you want this all to happen we need you to give. We are in the 7th inning, but we must finish the game.

I want you to be able to say to your loved ones “I helped build my Center” – talk about an investment in the future.

We hope that you join our journey. If you would like to talk about how you can help, please give me a call at 661-259-9444 or e-mail me at [kmacdonald@scv-seniorcenter.org](mailto:kmacdonald@scv-seniorcenter.org)



### WHAT’S INSIDE ...

- Volunteer Spotlight: 4**
- Trips & Tours: 5**
- Health & Wellness: 6 & 7**
- March Menu: 9**
- Puzzles: 10**
- Recreation: 12**
- Ongoing Classes: 16**

### Featured On The Cover:

Site of the new  
SCV Senior Center

### Contributing Writers:

**Anne Scott**  
**Rita Roth**

NCOA Staff Writers

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Connections

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# SCV Senior Center New Building Campaign

## Public Launch Features Heartfelt Testimonials from Seniors, Announcement on Remaining Funds Needed

On Tuesday, April 25, 2017, numerous local and regional dignitaries, as well as key members of Santa Clarita Valley Committee on Aging's (SCVCOA) board of directors, over a dozen SCV seniors, campaign donors and public supporters gathered at the future location of the new Santa Clarita Senior Center for the public launch of the building's capital campaign to raise the final \$2.3 million.

Campaign Co-chair Todd Stevens welcomed guests to the 2.5-acre newly-developed site located on Golden Valley Road in Santa Clarita. The site will be home to a brand-new 30,000-square-foot two-story Senior Center.

SCVCOA Board Member Dr. Christopher Avelino explained how the new SCV Senior Center will be an essential component of a healthy community. "I have been told by local

seniors that our Center saved their lives, that having a place to go makes life worth living," shared the doctor. "Our current Senior Center serves more than 10,000 local seniors annually, but there are only five bathroom stalls and two classrooms...we have a pressing need to grow."

Senior Center "regular" and volunteer Sharon Black said, "The new building is a long time waiting. The SCV is a great community; we need a great Senior Center!"

Kevin MacDonald, executive director of the SCV Senior Center, agrees. MacDonald shared that surveys, focus groups and meetings were held to confirm the need for the new Center. "We are planning for the next three decades," said MacDonald. "We're creating a place where everyone will want to go. We're not just building a Center – we're building a future."

City of Santa Clarita Mayor Cameron Smyth concurred, explaining how the Center's programming and space plans will promote intergenerational connections, "The Center will keep grandparents here; it will be a very real draw and help keep our City together."

The City of Santa Clarita is a major donor to the New Building Campaign, with a commitment of \$3 million. Also, a major contributor: The County of Los Angeles, Rosalind Wayman, Field Deputy for Supervisor Kathryn Barger, explained that, "for over 40 years, there has been a history of credibility and trust between the SCV Senior Center and the County [of Los Angeles]. The County gave \$3 million and is happy to do so."

The project has been in the works for about half a decade, said Campaign Co-chair Peggy

*continued on page 4*



**BUILDING OUR FUTURE TOGETHER - Opening Summer 2018 with your support!**

# Volunteer Spotlight: Todd Stevens

By Robin Clough, Volunteer & Recreation Coordinator



Volunteer Todd Stevens is Co-chair of the SCV Senior Center's Capital Campaign. He is tireless in his commitment to raise funds for the new Senior Center building and has a deep passion for promoting quality of life for seniors. He is continually enthusiastic about new and different ways the Senior Center can raise funds for this exciting building project.

Todd graduated from the United States Military Academy (USMA) at West Point - an exceptional honor reserved for our nation's most promising students and then earned a Masters of Business Administration degree from the University of Southern California.

He has used his skills, training and knowledge not only in his professional work at California Resources Corporation (CRC) but also in his personal volunteer efforts in Santa Clarita and beyond. In addition to his invaluable assistance at the SCV Senior Center, Todd serves as a Director on an extensive number of boards, including the Boys & Girls Club, Henry Mayo Newhall Hospital, LA Fire Department Foundation and SCV EDC.

The SCV Senior Center is grateful to volunteer Todd Stevens for undertaking the monumental task of raising funds for a new senior center building. Because of his efforts critical services will be expanded and seniors in our community will be provided comprehensive opportunities for happy and healthy aging.

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*continued from page 3*

Rasmussen, before revealing that \$1.425 million in private funds has been pledged to the Campaign or counted as cash received. "We have \$2.3 million to go out of the total cost of \$11.4 million; it's a very doable number."

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*"I have been told by local seniors that our Center saved their lives, that having a place to go makes life worth living,"*

*Dr. Christopher Avelino*

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Donations can be made online at [www.NewSeniorCenter.com](http://www.NewSeniorCenter.com); mailing check payable to SCVCOA-Building Fund (Memo: Capital Campaign)

to 22900 Market Street, Santa Clarita, CA 91321; calling in a credit card donation to the SCV Senior Center (661-259-9444) or working with Executive Director MacDonald to arrange gifts of stock, securities and more (661-259-9444, extension 123). Building naming opportunities, commemorative plaques and more are available and donations are tax deductible.



**Knowledge is Power:  
Aging with Dignity**

**You are invited to join us for Our  
Aging with Dignity Lecture  
& Caregiver Dinner**



**Empowering the Caregiver:  
What you Need to Know**

**Featured Speaker: Dr. Jill Brink**

Jill M. Brink, Ph.D., is a leading Geriatric & Dementia Care Specialist. Academically trained as a gerontologist, she has focused her practice and career on the assessment, care and support of older adults. Dr. Brink received her B.S., M.S. and Ph.D. degrees from the University of Southern California.

**Thursday, May 18, 2017**

**6:00 pm to 8:00 pm**

**SCV Senior Center Dining Room**

22900 Market Street, Santa Clarita, CA 91321

**FREE ADMISSION**

Event hosted by:

For more information, please call SuzAnn  
at (661) 259-9444

or [snelsen@scv-seniorcenter.org](mailto:snelsen@scv-seniorcenter.org)



The mission of the SCV Senior Center is to promote quality of life for seniors.  
SCV Senior Center • 22900 Market Street • Santa Clarita, CA • 91321 • 661-259-9444

# TRIPS & TOURS

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

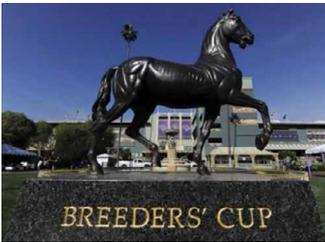
## Santa Anita Race Track



Thursday, May, 18  
Price: \$25.00  
(No refunds!)  
Lunch on your own  
Departs 11:00 am  
Return approximately 6:30

Ready for some thoroughbred racing? Spend the day at the races with us at Santa Anita Park. With good food and good friends, what more could you ask for? Also, includes "club house" seating.

*Good luck to everyone!*



## Placerita Canyon Nature Center

Wednesday, 06/06/2017  
Price: \$10.00  
(No Refunds after 05/05/17)  
Depart: 9:30 am  
Return: 11:30 am  
We will be back in time for lunch!



## Harrah's Rincon Casino and Resort

Tuesday, May 30  
Price: \$28.00  
\$10 Gaming Coupon  
(No Refunds!)  
Depart: 9:00 am  
Return: 6:30 pm

Feel the thrill of playing over 1,700 pulse-pounding,

Vegas style slots and more than 59 exciting table games!!!

*Good Luck Everyone!*



## TOGETHER WE POWER SANTA CLARITA VALLEY

CRC is proud to support the Santa Clarita Valley Senior Center and its efforts to promote quality of life for seniors.



crc.com

# May Health & Wellness Lectures

## Different Ways to Take Your Prescription Medications

Presented by: Marty Wasserman, Ph.D.,  
Pharmaceutical and Biotechnology Consultant

**Wednesday, May 3rd – 1:00 – 2:00 p.m. Room A1, A2**

According to AARP, nearly 90 percent of people over 60 years of age take at least one prescription drug and 30 percent take five or more prescription drugs. Does it seem like often times your medication is changed; maybe, the dosage is changed or a new medication is added and another is taken off? Changes can be very confusing.



## Creating A Health Care Plan

Presented by: Amber Mitchell, RN and Angela Contreras, RN, Henry Mayo Newhall Hospital Palliative Care Representatives

**Wednesday, May 10th – 1:00 – 2:00 p.m. Room A1, A2**

Who would speak for you if you couldn't speak for yourself? Come join us for an enlightening discussion on navigating the health care system including learning about advance health care planning, palliative care, added layers of support and navigating the health care system.



## Understanding Your Financial Options

Panel Speakers: Stan Roy, Elena Perez, Doug Eagle and Candy Watson

**Wednesday, May 17th – 1:00 – 2:00 p.m. – Room A1, A2**

Navigating through different financial issues can be difficult and confusing. Join us for this informative presentation with a panel of experts that will provide education and guidance on: long-term planning, reverse mortgages, selling your home, and Medicare insurance options.



## Health & Vitality

Presented by: Rolando Toledo, MPH, Wellness Education Specialist, Facey Medical Foundation

**Wednesday, May 24th – 1:00 – 2:00 p.m. – Room A1, A2**

Are you a senior looking for some ideas on living healthier and better? What are some strategies you can apply to live longer? How can you get or keep the energy, wholeness and capacity to find fulfillment in your later years? Health and vitality are important for no matter age you are. Join us for this educational talk for tips on physical, mental, and social wellness.



## The Eye Exam That Saved My Life

Presented by: Dr. Alice Sun, OD, Sunshine Optometry

**Wednesday, May 31st – 1:00 – 2:00 p.m. – Room A1, A2**

Looking your best by having your eyesight checked ensures your independence and quality of life. It is important to have your eyes checked annually to detect eye health problems before they impair your vision. Join us for this informative presentation on your vision and receive a free eye screening. Also ask Dr. Alice Sun about her home visits.



## May 2017 – Health & Wellness Schedule

### Health Screenings

#### Blood Pressure Checks:

- Tuesdays from 10:30am – 12:00pm, in the Hallway Office

### Support Groups

#### • Emotional Support Group:

Tuesdays from 10:00am – 11:00am

#### • Grief Support Group:

Tuesdays from 11:00am – 12:00pm

#### • Caregiver Workshop:

Fridays from 9:30am – 10:30am

#### • Caregiver Support Group:

Fridays from 10:30am – 11:30am

#### • Visually Impaired Support Group:

Monday, May 8th and May 22nd

12:30 – 1:30pm,

Bouquet Canyon Senior Apartments

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- Walking/Exercising
- Lt Housekeeping/Linens
- Medication Supervision
- Transportation/Errands

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**The Braille Van  
is scheduled  
to be at the  
Senior Center  
on  
Tuesday,  
May 2nd  
from  
10:00am to 2:00pm**

## Parkinson's Support Group of Santa Clarita Valley

Our meetings at the SCV Senior Center include:

Guest speakers/Open discussions

Time for sharing and connecting

**FOR:** For persons with Parkinsons Disease,  
Family members and Caregivers

**WHEN:** The last Friday of each Month  
(please RSVP) 818-745-5051 (Free-of-charge)

**TIME:** 2:30 pm to 4:00 pm

The Support Group is led by an experienced Support Group Leader. We hope you will join us!

For additional information, referrals and to  
RSVP for this group, please call  
Jan at The NeuroCommunity Foundation:

**818-745-5051**

Feel free to email us at [neurocommunity@gmail.com](mailto:neurocommunity@gmail.com)  
Please visit [www.neurocommunity.org](http://www.neurocommunity.org) for PD updates,  
support group programs, education events and  
local resources.

# Healthy Aging

By RetirementJobs.com Staff Writers

**3 Must-Follow Rules When Job Hunting After 50**  
Job hunting can be discouraging, especially when you're over 50. There's competition with a large pool of highly qualified younger candidates, gaps in desired skill sets, and even our own personal insecurities about aging. Here are 3 tips that will help arm you with the confidence and tools you need for a successful job search.



## 1. Assert yourself!

Ageism is ingrained in our society, so job seekers over age 50 run into this all the time. Your age is something you can't change, but the secret is not wanting to.

There is immense value in the wisdom, institutional knowledge, and the experience you've been accumulating in the workforce. If you want to convince a recruiter of your economic and social value, you have to be comfortable with who you are. When you're confident with your experience and age, interviewers will react to your confidence. Remember, age is just a number!

Assert yourself, your capabilities, your knowledge, and your value. Some employers will get it, and some won't.

## 2. Effectively prepare for the job search battle

The key to success here is to tackle each part of the job search process with a plan.

**Work objective.** Start by making a list of your strongest capabilities and talents. What do you do well and enjoy most? Identify what you can do for an employer, not what you've done in the past. From this list of capabilities, identify several specific jobs you would be qualified for and are likely to be available in your community. Use your imagination and think about what jobs could appeal to you in hospitals, schools, retailers, nonprofits, caregiving, and office administration, to name a few.

**Your resume.** Know what a good resume looks like. Start with a specific statement of what job you would like. Follow this with a listing of your strengths and talents. If you have gaps in your work history, put a brief paragraph at the end of the resume explaining the time spent with personal obligations. Employers have become more understanding of time spent away from work to care for family members. Visit the Career One Stop Center in your state if you need additional help with your resume.

**Identify employers.** Prepare a list of 15-20 employers and each day, contact two or three. Visit their facilities and try to meet someone who's involved with hiring. Stay focused on these employers until the list is exhausted, and then make a new list.

## 3. Be persistent

It used to be that companies responded to every candidate who applied for a job, but today it's up to you to keep in contact. Don't hound employers, but standing out for being a bit too persistent can often give you an advantage. You can't wait two weeks to follow up, so have a plan for how you'll follow up after every interview.

Never leave an interview without the name, title, address, email, and phone number of the individual who's directing the job search. Try to get a sense of the hiring timeline and when you can expect a follow-up conversation. When you send your thank you note or email, mention that you will be in touch on a regular basis. Send a follow-up email one week after

An advertisement for Audiology associates. At the top, it says "Give your Mom the gift of hearing!". Below that is the logo "Audiology associates" with a blue soundwave icon. Underneath the logo is the slogan "Better Hearing Begins Now!". There are two photos of smiling women in circular frames. At the bottom left, there are photos of two audiologists, Patricia Rifkind, Au.D. and Kevin Bolder, Au.D. The text "Call today and schedule a hearing evaluation!" is in red. The phone number "661.284.1900" is in large blue font. Below that is the website "www.audiologyassociates.net" and the address "23838 Valencia Blvd., Suite 100, Valencia, CA 91355". At the bottom right, there is a "BEST OF VALLENCIA" award ribbon.

continued on page 11

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1 Fish Taco Salad	2 <b>CHOICE DAY</b> Egg Hash Or Beef Liver & Onions	3 BBQ Chicken	4 Fish Veracruz	5 Turkey Burger
8 Pasta Bolognese	9 BBQ Pulled Port Sandwich	10 Egg Salad Sandwich	11 Balsamic Chicken	12 Pescado Puttanesca
15 Coconut Curry Chicken	16 Egg & Potato Hash	17 Beef Taco Salad	18 Fish & Salsa	19 Chicken Parmigiana
22 Beef Chili	23 Savory Pork Loin	24 Harvest Salad with Turkey	25 Spaghetti & Meatballs	26 Tuna Salad Sandwich
29 Chili Egg Puff	30 Fish & Chips	31 Cranberry Chicken	<i>Happy Mother's Day</i>	

*Note: Menu is subject to change without notice.*

# Menu for May 2017

The SCV Senior Center  
NeedleCrafters present a

## *Spring Boutique*



Featuring lovely handmade items  
in all shades of pastel!

**Friday, May 12 • 9:00 – 12:30 p.m.**  
Senior Center Front Porch

## **Upcoming Events - SAVE THE DATES!**

May 18th Knowledge is Power Dinner

May 20th Sierra Pelona Wine Event

June 17th Touch A Truck

June 25th Motown and More

Visit our Website at [www.scv-seniorcnet.org](http://www.scv-seniorcnet.org)  
for more information.



Beethoven

## Music Word Search - German Composers

In this music word search, you need to find the names of 40 German composers from the Baroque, Classical and Romantic eras. Their names may appear horizontally, vertically or diagonally. Our word list is on the next page.



## German Composers

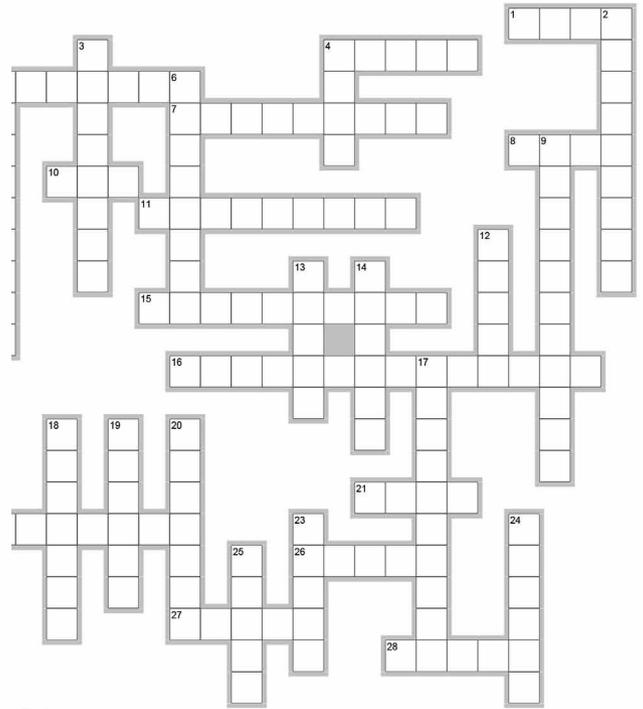
ABEL  
AGRELL  
BACH  
BEETHOVEN  
BRAHMS  
BRUCH  
DANZI  
DIETRICH  
EBERLIN  
ERNST  
GASSMAN  
GLUCK  
GRAUN  
HAKENBERGER

HANDEL  
JANITSCH  
KLENGEL  
KRAUS  
KREBS  
KREUSSER  
MEYERBEER  
MAYR  
MENDELSSOHN  
OFFENBACH  
PACHELBEL  
PFITZNER  
PRAETORIUS  
REINECKE

SCHAFFRATH  
SCHARWENKA  
SCHEIDT  
SCHOP  
SCHUMANN  
SEITZ  
SPOHR  
STRAUSS  
TELEMAN  
VOLKMANN  
VON WEBER  
WAGNER

## Acronyms

gathered acronyms from government, medicine, technology, sports and or this interesting crossword puzzle. Simply supply the missing word in acronym. We've given you the first letter of each missing word. For le, in #1 across, the missing word is FREE.



word.com

## Across

- Buy One Get One F\_\_
- Mothers Against D\_\_ Driving
- D\_\_ Audio Broadcasting
- A\_\_ Deficit Disorder
- D\_\_ Enforcement Agency
- American B\_\_ Association
- Association of C\_\_ Organizations for Reform Now
- Doctor of V\_\_ Medicine
- Government A\_\_ Office
- Extended P\_\_
- Federal A\_\_ Administration
- H\_\_ Decision-Making
- Pay As You D\_\_
- Ground F\_\_ Interrupter

## Down

- Federal E\_\_ Management Agency
- Bureau of Alcohol, Tobacco and F\_\_
- Flight D\_\_ Recorder
- 4 D\_\_
- Major League L\_\_
- Do Not R\_\_
- American C\_\_ Liberties Union
- Hepatitis B V\_\_
- Greatest Common F\_\_
- Encyclopædia B\_\_ Online
- Public A\_\_ Officer
- M\_\_ Corps Security Forces
- Royal Canadian M\_\_ Police
- 4 W\_\_ Drive
- North Atlantic T\_\_ Organisation

solution on page 14



*Brigitte Hardy-Travillion  
Congratulations Zonta  
Women in  
Service  
With Jorja  
Harris, Presi-  
dent*

your interview that emphasizes your interest in the position and clearly states, "this is the job I want." If you get no response within two days, phone the employer every few days until you get an answer.

Create a reason to communicate! Send additional information or samples of your work. Job seekers are seldom hired for patience and humility. Be totally professional, but go after that job until you get it or until the employer tells you to stop contacting them.

Armed with these tips, you can overcome some of your job hunt challenges. Just remember to prepare a solid resume and list of viable employers and always be assertive and persistent.

## SCV Senior Center Advisory Council

### Meet Anne Marie Whalley.

This month's featured SCV Senior Center Advisory Council member.

Anne Marie is one of the Advisory Council's Virtual Art Team members. This activity provides Art Lessons for seniors at the Senior Center.

The role of the SCV Senior Center Advisory Council is to be an advocate for Senior Center attendees, as well as all seniors, by promoting independence, dignity and quality of life. For more information about SCV Senior Center Advisory Council, please contact the Senior Center at 661-259-9444.



Linda Arous, M.D.  
Family Medicine



Lena Arous, M.D.  
Internal Medicine

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#### OFFICE HOURS

Monday - Friday 8:00am-5:00pm

Closed on Saturday & Sunday

# Recreational Fun at The Senior Center



The SCV Senior Center

Honors those who gave their lives in the service of the United States of America

SCV Senior Center Veterans Committee under the direction of Bernie Katz presents a

## Memorial Day Ceremony

**Friday, May 26**

**11:15 am – Dining Room**

Featuring Korean War Veteran Bob Danis on trumpet and the Danis/Swinford Combo musical program of martial, armed services, and WWII-era songs.



**First & Third Thursdays!**

**Thursday: May 4 & May 18**

**2:00 p.m. – 5:00 p.m.**

*Doors open at 1:30 p.m.*

**SCV Senior Center Dining Room**

**Try your luck to win cash prizes!**

**Door 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.*



*Celebration*

**Friday, May 12**

**11:30 – 12:30 p.m.**

**Dining Room**

- Enjoy the music of Tess & Co. Band

- A serenade by Elvis!  
Special Guest Ramon Flores

- Cake & Ice Cream  
Kindly sponsored by  
Blue Shield of California

**Senior Center Scholar Series**

## Joan Ganz Cooney

Founding Mother of Educational Television  
*Historical Reenactment with Louise Willard.*

Louise is a member of the American Association of University Women.

She brings notable women in history to life.

**Thursday, May 25 - 1 pm - 2 pm**

**Rooms A-1 & A2**



Born in 1929, Joan Ganz Cooney first created TV programming as a documentary producer for public television. She cared about matters of race, injustice, and the imbalance of opportunity. Through her work, she began to think about television as a teaching medium. After conducting a formal study on the subject, she used her findings to help convince others of television's potential for children, and—with financial assistance from the Carnegie Corporation, the U.S. Department of Education and the Ford Foundation—she established the Children's Television Workshop (CTW) in 1968. With her vision beginning to take shape, Cooney immediately set to work producing its first series, the perennial favorite Sesame Street. As one of the first female executives in American television, her appointment was called "one of the most important television developments of the decade." In 1990, she was the first female nonperformer to be inducted into the Academy of Television Arts & Sciences Hall of Fame and was given the Presidential Medal of Freedom by President Bill Clinton in 1995.

Join AAUW's Louise Willard for this fascinating reenactment!  
(661) 259-9444 or [snelsen@scv-seniorcenter.org](mailto:snelsen@scv-seniorcenter.org)



## Anne's Corner

### How Do You Survive The Storm?

Ann Scott

It was a busy morning, about 8:30 a.m., when an elderly gentleman in his 80's arrived to have stitches removed from his thumb.

He said he had to hurry as he had an appointment at 9:00 a.m. While taking care of his wound, the nurse asked him if he had another doctor's appointment afterwards since he was in such a hurry. The gentleman told her that he needed to go to the nursing home to eat breakfast with his wife.

The nurse asked about her health. The gentleman told her that she had been there for a while and that she was a victim of Alzheimer's Disease. As they talked, the nurse asked if she would be upset if he was a little late. He replied that she no longer knew who he was, and that she had not recognized him in five years.

The nurse was surprised and asked him, "And you still go every morning, even though she does not know who you are?"

He smiled as he patted the nurse's hand and said, "She doesn't know me, but I still know who she is." The nurse had to hold back tears as he left and thought that was the kind of love she wanted in her life.

True love may not always be physical or romantic, but it is an acceptance of all that is, has been, will be, and will not be. The happiest people don't necessarily have the best of everything, they just, make the best of everything they have.

"Life isn't about how to survive the storm, but how to dance in the rain."

#### **STAY!**

You don't have like dogs to truly appreciate this one!

I pulled into the crowded parking lot at the local shopping center. I rolled down the car windows to make sure my Labrador Retriever pup had plenty of fresh air.

She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there. I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me?" "Stay! Stay! Stay!"

The driver of a nearby car, a young blonde girl, saw all this. She gave me a strange look and said, "Why don't you just put it in 'Park'?"

## Mysteries



Rita Roth

There are many things in our world that are hard, if not impossible to fathom. Who made the Pyramids? How do migrating birds know how to return to the same place year after year? What makes salmon swim upstream to spawn? These are some of life's most mysterious occurrences...

Another true mystery is this. What happens to all of those missing socks? Anybody who has ever done

laundry will know what I mean. You start off with several pairs of socks. You put them into the washing machine along with the other clothes. When the machine stops you take out the clothes and place them in the dryer. When the clothes are dry you take them out and you begin to fold them, pairing up the socks as you go. All is going well until you realize that one of the socks is mate-less. You, of course assume that you must have neglected to remove said sock when you emptied the washing machine. You peer inside the machine but the sock is not there. Okay, then you must have left it in the dryer. But it's not there either. Could it still be in the clothes hamper? It is not. The chances are good that you will never see that sock again.

When I was married to my first husband, I kept a basket on a shelf in the closet. This basket was filled with single socks, probably about fifty of them. In my innocence, I assumed that sooner or later the missing sock would show up and once again they would be a pair. This did not happen. Eventually I came to accept the fact that there would be no happy reunion and I tossed out the basket of socks I suppose a more creative person would have turned them into a quilt or something but I just threw them away. All of this pondering led me to write this little poem.

#### **THE SOCK THAT GOT AWAY**

Oh where, oh where can the blue sock be.

Its mate sits all forlorn.

I had hoped they'd end up together cause  
that's the way they are worn.

They started off together,  
when I picked them up from the floor.

Happy to be together, united forevermore.

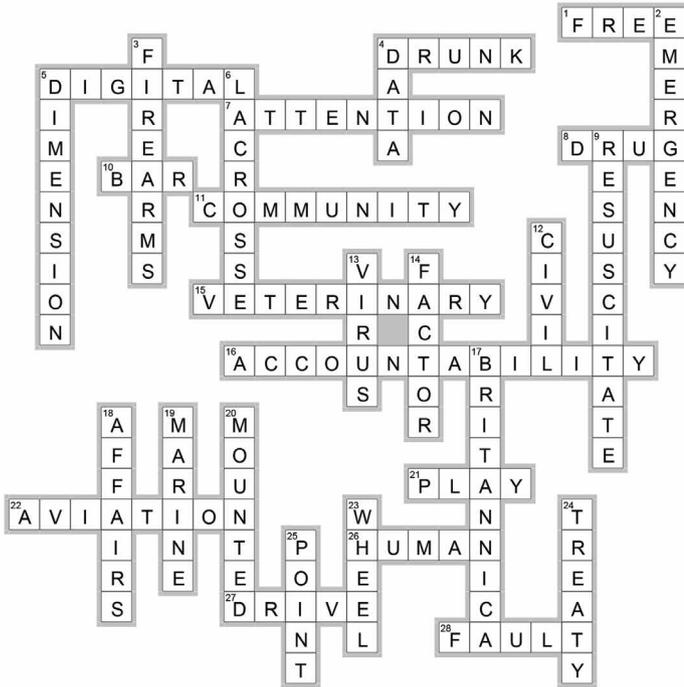
Into the wash with the coloreds, close as two peas in a  
pod carefree as two happy children,  
they frolicked and played in the suds.

Then all at once it was over.

What happened no one can say.

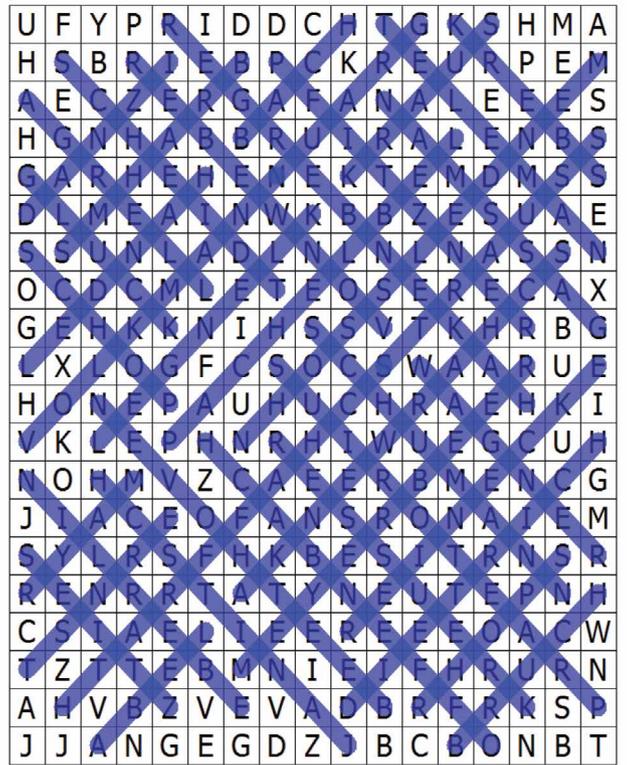
Now one blue sock sits alone and pines  
for the sock that got away.

Acronyms  
Answers



EclipseCrossword.com

German Composers



Thanks,  
Henry  
Mayo.



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

# Saturday, June 17

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  
Event Chair



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

**\$5 per person**  
Dads accompanied by  
a paying child get in  
**FREE!**  
Children 2 and under **FREE**

- Sheriff's Cars
- Fire Trucks
- Ambulances
- Dump Trucks
- Military Vehicles
- And Many More!

- Face Painting
- Balloon Animals
- Obstacle Course
- Beach Ball Drop
- Sensory Friendly Activities
- More Fun!

- Food
- Ice Cream
- Etc.



## Ways To Give

**DONATE ONLINE** at  
[newseniorcenter.com](http://newseniorcenter.com)

**WRITE A CHECK** to  
SCVCOA-Building Fund  
(Memo: Capital Campaign) &  
Mail to 22900 Market Street.,  
Santa Clarita, CA 91321

**CALL IN A CREDIT  
CARD DONATION** to  
the SCV Senior Center  
661-259-9444

**ARRANGE GIFTS**  
of Stocks, Securities &  
More with Executive  
Director Kevin MacDonald;  
661-259-9444 ext. 123

Your Donation is  
tax deductible

Presented by  
Creative Source Marketing

## Live Concert, Dinner & Dancing

Featuring **STONE SOUL** And Special Guest  
Rumiko Stevens &  
Music Ensemble

Sunday, June 25, 2017 5 - 10:30pm  
Hyatt Regency Ballroom  
24500 Town Center Drive, Valencia, CA 91355

### Ticket Information:

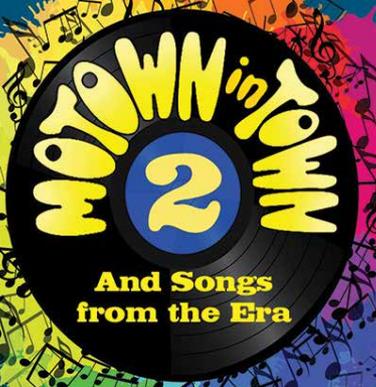
Dinner, Concert & Dancing: \$65  
Concert & Dancing: \$40  
(Ask about early bird 10% off till 4/30)

### Tickets available at:

FastFrame, Valencia 661-291-1325  
SCV Senior Center, Newhall 661-259-9444

Paypal accepted

Or call 661-312-3422  
or visit [ZonyGordon.com/creative-source-marketing](http://ZonyGordon.com/creative-source-marketing)



And Songs  
from the Era

Art show, silent auction & boutique in the lobby  
Benefitting the SCV Senior Center



# Ongoing Classes at the SCV Senior Center

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis.

Most activities are for adults 18 and over. For more complete information and fees, please call the Center at 661-259-9444, or visit our website at [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

## ARTS & CRAFTS CLASSES

Art Club: Tues., Wed. & Thurs., 9:30am – 12:00pm, Room A2  
Needlework: Mon., 9:00am – 12:00pm, Room A1  
Watercolor Virtual Art Lessons: Beginner level: Fri. 2:00pm - 4:00 pm;  
Intermediate level: Thurs. 9:30am – 11:30am, Room A6

## DANCE & MUSIC

Line Dance by Ramona Thomas: Mon., 2:00pm – 3pm, Dining Room  
Line Dance by Helen Walker: Tues., 9:30am – 10:30am, Dining Room  
Line Dance by Marie Del Georgio: Wed., 6:00pm – 7:30pm, Dining Room  
Orchestron: Wed, 2:45pm - 5:30pm, Rooms A1 & A2  
Silvertones Singers: Mon., 12:00pm – 2:00pm, Newhall Community Center  
Tap Dancing by Laura Russell: Thurs., 9:30am – 10:15am, Dining Room

## FITNESS PROGRAMS

Beginning T'ai Chi Ch'uan by Allen Wells: Tues., Thurs., 8:00am – 8:40am, Dining Room  
Advanced T'ai Chi Ch'uan by Allen Wells: Tues., Thurs., 8:45am - 9:30am, Dining Room  
EZ T'ai Chi Ch'uan by Sarah Lowman: Tues., 3:00pm – 4:00pm, Dining Room  
Fitness: Mon., Wed., & Fri., 8:30am - 9:30am, Dining Room  
Flex & Flow Yoga by Diane Hedrick: Mon. & Wed., 4:15pm – 5:00pm, Dining Room  
Restorative & Gentle Yoga: Thurs., 8:20am – 9:20am, Rooms A1 & A2  
Sit & Be Fit Chair Exercise by Linda Bennett: Mon., Wed., Fri., 9:45am - 10:15am, Dining Room  
Zumba Gold – Mon., Wed. & Fri., 3:30pm - 4:15pm, Dining Room

## LIFELONG LEARNING

Archaeology & History Discussion Group: Tues., 9:30am to 11:00am, Room A1 free  
French by Daniele Washburn: Wed., 10:00am – 11:30am, Support Services Conference Room  
Digital Drop In by Julie Oshiro: Second Thurs, 9:00am – 11:00am, Reception Office  
Billiards Lessons for Ladies by Russ Evans: Tues., Beginners 4:30pm – 6:00pm, Experienced 6:00pm – 8:00pm  
Computer Class - PC and Mac: Call SCV Senior Center for more information.  
Creative Writing: Mon., 2:00pm – 3:30pm, Mary's Room (Room A6)  
Sharpen Your Computer Skills: Word and Excel computer classes for beginners. Call for more information

## PERSONAL DEVELOPMENT

AARP Drivers Safety: Monthly, Rooms A1 & A2, Call SCV Senior Center for an appointment.  
Conscious Aging Workshops by Dr. Teri Crane: 4th Wed., 2:00pm - 3:30pm, Mary's Room (Room A6)  
Current Events Discussion Group: Mon., 10:00am - 11:30am, Support Services Conference Room  
Mindful Meditation for Health & Happiness: 2nd & 4th Monday, 1:00pm – 2:00pm, Mary's Room (Room A6)

## RECREATION & LEISURE

Bingo: 1st and 3rd Thursdays, 2:00pm, Dining Room (\$10 – cash only)  
Duplicate Bridge: Mon., 1:00pm – 4:00pm, Room A2  
Duplicate Bridge Evenings: Tues., 6:45pm – 10:00pm, Dining Room  
Canasta: Mon., 1:00pm - 4:30pm, Mary's Room (Room A6)  
Chess Club: Mon. – Fri., 10:00am – 2:00pm, Room A5  
Pinochle: Mon., Wed., Fri., 1:00pm - 4:30pm, Room A4  
Food & Knick-Knack Bingo: Fri., 10:30am - 11:30am, Room A2  
Ping Pong: Tues, 1:00pm – 4:00pm, Room A1  
Wii Games: Tues. & Thurs., 1:00pm – 3:00pm, Mary's Room (Room A6)

