

# THE MIGHTY OAK

January 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE



## Welcome 2015!

As we look forward to the New Year we see it bright with opportunity. We invite you to join us for any one of our wonderful programs. You can tour the senior center, take a class, go on a trip, volunteer or just stop by to say hello.



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## Thoughts from Executive Director Rachelle Dardeau

2015 already? Wow, where did the time go? I hope you had a wonderful holiday season and are looking forward to a healthy and prosperous new year.

The beginning of a new year is always exciting. Every new day is full of possibility and the potential for something good. This year is no exception. I am looking forward to a multitude of wonderful possibilities for 2015.

Our "Be the Spark" annual appeal for financial support started in December 2014 and continues through January 2015. Already over 125 donors have become a "Spark" of support for the programs and services offered at the SCV Senior Center. Any donation we receive goes directly toward supporting our programs and operations, and we are paying tribute to supporters both on a banner at the SCV Senior

Center and at [www.BeASpark.org](http://www.BeASpark.org).

The hot topic on everyone's mind as we start the New Year is the new SCV Senior Center. The SCV Committee on Aging will continue the work that will lead to a new building. A definite location, a building design, and a capital campaign should all happen in 2015. We look forward to working with the Santa Clarita Valley community to make the dream of a new modern facility come true.

SCV Senior Center staff and volunteers are looking forward to our 2015 signature events designed to provide a fun-filled experience while raising support for the SCV Senior Center. We'll kick off the year by celebrating "Cities Around the World" at our popular Celebrity Waiter Dinner on February 21 at the Hyatt Valencia. Select a theme and costume that celebrate your favorite city and join the party. Tickets, tables, and sponsorships are available by calling Jennifer at (661) 259-9444 x144.

Father's Day weekend, Saturday, June 20, brings our family-friendly Annual SCV Senior Center Touch-a-Truck. Save the date and treat dad to a fun-filled day. The fall welcomes our Golf Classic tournament at TPC Valencia, a great opportunity to hit the links for a good cause.

Did you make a new year's resolution to get into shape, learn about new and interesting things, or get involved in your community? Whatever your plans for the new year, the SCV Senior Center is a perfect place to start any new adventure. Whether it is a computer class, an exercise program, visiting with friends at daily congregated lunches, making new friends, delivering hot meals to homebound seniors, or dancing to the music of Fiddlesticks and Ivory, the SCV Senior Center is a lively place where you can definitely have an impact on the lives of others, and your own. Hope to see you here soon.

### Braille Mobile Solutions Van

will be at the Senior Center on  
Friday, January 16 from 10 a.m. to 2 p.m.



### The New Year's Resolution

by Kay Waggoner

A New Year's Resolution is a tradition in which a person makes a promise to do an act of self-improvement or something nice for others beginning the first day of the New Year. The top 10 resolutions are:

1. Exercise
2. Lose weight
3. Quit smoking
4. Enjoy life more
5. Quit drinking
6. Get out of debt
7. Learn something new
8. Help others
9. Get organized
10. Spend more time with family & friends

Women make New Year's resolutions more than men.

In America, the percentage of people who regularly make resolutions is 45 percent. Only eight percent are successful in achieving their resolutions.



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**Email: [thatgirlwho@yahoo.com](mailto:thatgirlwho@yahoo.com)**

Seventy-five percent of these people maintain their resolutions for the first two weeks of the New Year. By June only 46 percent of these people are maintaining their resolutions. By December, eight percent.

This year my New Year's resolution is to not make any New Year's Resolutions. That way I'm guaranteed to be one of the eight percent to maintain.



### Contributing Writers:

**Amanda Sweet**  
**Jane McNamara**  
**Kay Waggoner**

**Rachelle Dardeau**  
**Rita Roth**  
**Robin Clough**

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monthly by the SCV Senior Center  
22900 Market Street, Santa Clarita, CA 91321  
**Tel: 661-259-9444**  
FAX: 661-255-5195

For Advertising Information Contact:

**Linda Alexander-Lieblang**  
Associate Executive Director  
[llieblang@scv-seniorcenter.org](mailto:llieblang@scv-seniorcenter.org)  
661-259-9444  
[www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

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Tel: 661-294-4444 • FAX: 661-294-4442  
email: [lindahafizi@sbcglobal.net](mailto:lindahafizi@sbcglobal.net)

## Ongoing Classes at The SCV Senior Center

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis. Most activities are for adults 18 and over. For more complete information, please call the Center at 661-259-9444, or visit our website at [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

### Arts & Crafts Classes

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

### Dance & Music

- **Ladies Glee** – Tuesday, 11 a.m. – 1 p.m., Friendly Valley Clubhouse, call Senior Center for info
- **Line Dance** – by Ramona Thomas, Mon., 2 pm.–3 p.m., Dining Room
- **Line Dance** – by Helen Walker, Tues., 9:30–10:30 a.m., Dining Room
- **Line Dance** – by Marie Del Georgio, Wed., 6 p.m.–7:30 p.m.
- **Mens Glee** – Fri., Call Senior Center for more information.
- **Orchestron** – Mon., Del Prado Clubhouse, call Senior Center for information
- **Silvertones Singers** – Mon., 12 p.m. to 2 p.m., Santa Clarita Community Center

### Fitness Programs

- **Advanced T'ai Chi Ch'uan** – by Allen Wells on Tues., Thurs., 8:45 a.m. to 9:30 a.m., Dining Room
- **Beginning T'ai Chi Ch'uan** – by Allen Wells on Tues., Thurs., 8 a.m. to 8:40 a.m., Dining Room
- **Bellyfit** – Tues., 5:30 p.m. – 6:30 p.m.. Room A1 & A2
- **EZ T'ai Chi Ch'uan** – by Sarah Lowman on Tues., 3 p.m. to 4 p.m., Dining Room
- **Fine Motor Skills** – Wed., 10:15 a.m. to 10:30 a.m., Dining Room
- **Fitness** – Mon., Wed., and Fri., 8:30 a.m. to 9:30 a.m., Dining Room
- **Flex & Flow Yoga** – by Diane Hedrick, Mon, Wed (except 2nd Wed), 4:15 to 5 p.m., Dining Room
- **Hatha Yoga** – by Andrea Vassilos, Thurs., 8:30 a.m. to 9:30 a.m. A1 & A2
- **Sit & Be Fit Chair Exercise** – Mon., Wed., Fri., 9:45 a.m. to 10:15 a.m., Dining Room
- **Zumba Gold** – Mon., Wed., Fri. 3:30 p.m. to 4:15 p.m., Dining Room

### Lifelong Learning

- **Archaeology & History Discussion** – Tues., 9:30 a.m. to 11 a.m., Room A1 free
- **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 Training for the Visually Impaired** – Call for an appointment.
- **Computer Class** – PC and Mac, all levels, call Senior Center for information
- **Conversational French** – Thursdays, 10 a.m. to 11 a.m.
- **Creative Writing** – Mon., 2 p.m. – 3:30 p.m. Room A6
- **Genealogy 101** – Thursdays, 2 p.m. to 3:30 p.m., Rooms A1 & A2
- **Sharpen Your Computer Skills** – Word and Excel computer classes for beginners, seniors going back to work or anyone interested in learning new skills.
- **Word Class:** Wed., 9 a.m. to 10 a.m. **Excel Class:** Wed., 10 a.m. to 11 a.m.
- **ZoomText Computer Tutoring for the Visually Impaired** – Call for an appointment.

### Personal Development

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

### Recreation & Leisure

- **Beginning Duplicate Bridge Lesson** – Mon., 9 a.m. to 12 p.m., Room A6
- **Duplicate Bridge** – Mon., 1 p.m. to 4 p.m., Room A2
- **Duplicate Bridge Evenings** – Tues., 6:45 p.m. to 10 p.m., Dining Room
- **Canasta** – Mon., 1 p.m. to 4 p.m., Room A1
- **Chess Club** – Mon. – Fri., 10 a.m. to 2 p.m., Room A5
- **Pinochle** – Mon., Wed., Fri., 1 p.m. to 4:30 p.m., Room A4
- **Food & Knick-Knack Bingo** – Fri., 10:30 a.m. to 11:30 a.m., Room A2
- **Ping Pong** – Tues, 1 p.m. to 4 p.m.
- **Senior Cinema** – 2nd Wed., 2 p.m., Room A6
- **Wii Games** – Tues. & Thurs., 1 p.m. to 3 p.m., Room A6

## Senior Living Transitions

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# Golden Years Expo and Senior Health Fair

Presented by .. **UCLA Health**

**goldenyearsexpo.com**

## Where, When:

Hyatt Regency Valencia  
Santa Clarita, CA  
Saturday, February 8, 2015  
11:00 am to 5:00 pm



## Who should attend:

Seniors, those who are planning for their senior years and those who are caring for a senior.



- ♦ **Free parking, free admission!**
- ♦ **Free health screenings!**
- ♦ **Free Goody Bags** packed with freebies, and special offers!
- ♦ **Free seminar sessions** on topics important to seniors!
- ♦ **GYE Passport Game** - Win up to **500** CA Super Lotto Plus Quick Pick Plays!

## Sponsored By:



Information  
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Golden Years Expo & Senior Health Fair

**GYE Passport Bonus Coupon**

Hyatt Regency Valencia  
Feb. 7, 2015

Present this coupon with your completed GYE Passport. If your Passport is drawn in our Grand Prize Drawing, you win **50** additional Super Lotto Plus Quick Pick Plays, for a total of **500!** See website for details & prizes.

TMC

## Volunteer Spotlight - Dawn Misso

by Robin Clough, Volunteer & Recreation Coordinator

Dawn Misso loves her volunteer position in the Home Delivered Meals Department, and the seniors and staff love her! Home Delivered Meal & Transportation Director, Robert Galarza, comments that many recipients have called specifically to compliment her. He says that, "she is always positive and has a smile that is contagious and cheerful." Robert further praises Dawn by saying she is an extraordinary volunteer who is "motivated, dedicated, instrumental and vital to the program." Dawn not only delivers meals five days a week, she loads the meals into the vehicles and assists in the office.



A native of Santa Clarita and a Saugus High School graduate, Dawn has come full circle with her return to our community. She wanted to be close to her mother, Dorothy Simon, who frequently comes to the Center. When she saw a need for drivers and for lunch cashiers, she did not hesitate to offer help. Since then the Senior Center knows it can rely on her to step up whenever and wherever needed.

Dawn shares with emotion that she "fell in love with the 300 meal recipients." She has developed a relationship with them and learns each of their names so she can address them personally. Her greatest reward is when they say they miss her when she doesn't come, and it is then she realizes the impact of her volunteerism. Dawn commends her fellow volunteers saying that, "there is such a wonderful volunteer team here." The SCV Senior Center is grateful that Dawn Misso is a member of that team, but she feels she is the fortunate one: "This makes my life better than the richest person in the world!"

## Senior Center Scholar Series

### Eleanor Roosevelt - First Lady of the World

Lecture & discussion with Professor Lissa Brassfield

Thursday, January 29

1:00 - 2:00 p.m.

Rooms A-1 and A-2

No charge!



Eleanor Roosevelt was called "the President's eyes, ears and legs" and provided objective information to her husband. The public was drawn in by the First Lady's exploits and adventures. She became an advocate of the rights and needs of the poor, of minorities, and of the disadvantaged. After President Roosevelt's death, she was appointed to the United Nations General Assembly. Eleanor Roosevelt served as chair of the Human Rights Commission and worked tirelessly to draft the Universal Declaration of Human Rights. Join us for this interesting lecture!



## Be A Santa To A Senior

Some wonderful holiday spirit is being spread throughout the Santa Clarita Valley again this year thanks to the efforts



of Home Instead Senior Care. Home Instead is part of a nationwide network of other Home Instead Senior Care agencies that participate in the annual "Be a Santa to a Senior" campaign.

This local home care company has recently gathered hundreds of donated gift items from various businesses and community members that are now being delivered by SCV Senior Center Care Managers to home bound seniors that are participants of our Home Delivered Meals program.

This is a beautiful program that gives seniors a special reason to smile and feel happier during the holiday season.

A heartfelt thanks to owners Charlene Perone, Joel Green and their dedicated staff for being a Santa to our seniors once again.



## Goodbye Old Year, Happy New Year

by Rita Roth

Another year has begun, and for all of us I wish peace and happiness. Perhaps you are a little sad to see the old year slip away; I know that I am. But I console myself by thinking of all the good experiences I had and the great people with whom I shared my time in that bygone year. So while I miss the old year, I look forward to what the next 365 days may bring.

I must say that I am kind of glad that "tis the season to be jolly" is over. Don't get me wrong. I enjoy good times as much as the next person, but enough is enough already and I personally have had enough "jolly" for a while. Enough turkey and candied yams. Enough eggnog and fruitcake and certainly enough of those little pieces of cooked dough with the cherry on the top. I don't know what they are called but I must have eaten about four hundred of them in the past weeks. Visions of sugar plums no longer dance in my head---but bottles of Pepto Bismol do.

I guess what I am saying is that I like the regular routine of my life, and the everyday things which bring me pleasure and satisfaction. A fairly serene life except when I'm screaming at my cat Stanley because (A) he threw up on the carpet or (B) he thought the trek to his litter box much too arduous to contemplate or (C) he became startled while sitting on my lap and impaled me with his big sharp claws while launching himself into space.

Anyway it all comes together to form the fabric of my life. And for all of us my wish is more good days than bad, more joy than sorrow and always the ability to see the funny side of life.

## Health Education & Wellness Schedule at the SCV Senior Center

### January 2015

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

**Wed., January 7, 1 p.m.** – Braille Institute Library Services Presentation, Angela Dzakpasu, Outreach Specialist, Braille Institute

**Wed., January 14, 1 p.m.** – Henry Mayo Newhall Hospital – Speaker to be determined.

**Wed., January 21, 1 p.m.** – Healthy Support for Better Movement, Alienore Conrad, Doctor of Chiropractic

**Wed., January 27, 1 p.m.** – Happiness & Aging, Rolando Toledo, MPH, Wellness Specialist Facey Medical Foundation

### Health Screenings

**Blood Pressure Checks** - Every Wednesday Noon to 1 p.m.

**Hearing Screenings** - January 14, 11 a.m. to 12 p.m.

**Diabetes Screening** – January 21, 10:30 a.m. to 11:30 a.m.

**Brain Wellness/Memory Screenings** – By Appointment

### Support Groups

**Emotional Support Group:** Tuesdays 10 a.m. to 11 a.m.

**Grief Support:** Tuesdays 11 a.m. to 12:00 p.m.

**Caregiver Support Group:** Fridays 9:30 a.m. to 10:30 a.m.

**Caregiver Workshop:** Fridays 10:30 a.m. to 11:30 a.m.

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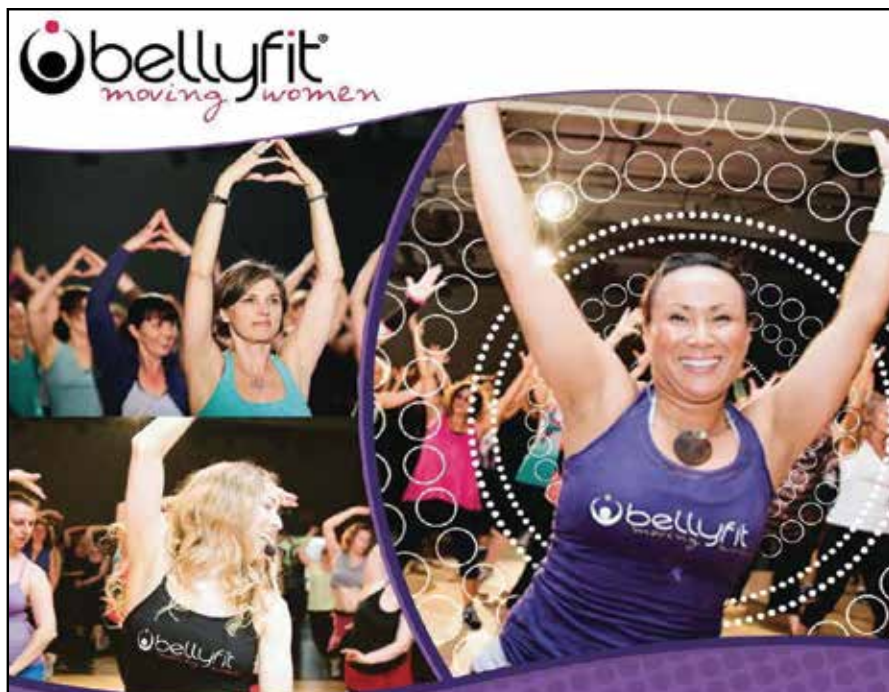
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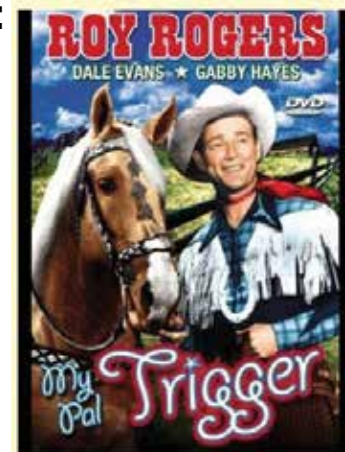
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Classes at the **Santa Clarita Valley Senior Center**  
22900 Market Street • (661) 259-9444  
Tuesdays, 5:30—6:30 pm  
\$7/class or \$20 for 4—class card  
Begins September 9, 2014

## SCV Senior Center presents: My Pal Trigger (1946)

Wednesday, January 14 at 2 p.m.  
Located in Room A6

\$1 Donation  
Popcorn \$0.50  
Free Door Prizes  
Runtime:  
79 mins.  
B&W Western



Starring: Roy Rogers, Dale Evans & Gabby Hayes  
Info: Jackie Banks, Movie Manager at 661-259-9444

## Cooking and Nutrition Class

Back by popular demand! "Healthy Food Healthy You", cooking and nutrition class is being offered by Stephanie Correnti, RD from Food and Nutrition Management Services. Cooking demonstrations will be given and tastings will be distributed to the class. Classes are free. This fun class is scheduled for January 9th and 23rd, February 6th and 20th, and March 6th and 20th. Classes begin at 1 p.m. in Rooms A-1 & A-2 of the SCV Senior Center.

**Call 661-259-9444 to sign up.**

# Thanks, Henry Mayo.



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





## What is Medi-Cal Recovery?

by Jane M. McNamara, Elder Law Attorney

I met with an elderly woman recently. Her husband was ill, and after a brief hospitalization, was now in a skilled nursing facility. Although he was better and alert, he still required constant care and attention. At her age and physical limitations, she simply could not provide the high level of care he needed in their home. He was going to remain in the

skilled nursing facility.

As the facility charge was \$7500.00 per month, she needed to have her husband qualify for Medi-Cal benefits. Medi-Cal is California's free or low-cost medical assistance program for those who qualify. There are eligibility requirements that the Medi-Cal applicant must meet, and the requirements are different for single people and married couples.

She was amazed she did not have to impoverish herself in order to qualify. With some planning, her husband could receive the proper care in the facility, and have Medi-Cal pay all, or a substantial portion of the monthly bill. Although she was happy, I cautioned that she should be concerned about "Medi-Cal Recovery."

When a Medi-Cal recipient dies, the state can seek repayment for the cost of services received, if the Medi-Cal recipient had assets remaining in their name. This was troubling for her, as their house (which was in their revocable living trust) was at risk for Medi-Cal recovery. So, we had some planning to do.

The result? Her spouse received the care he needed. She was able to remain in the home, and keep their monthly income to support herself. And, after some planning, the assets were properly preserved so a Medi-Cal recovery claim was avoided.

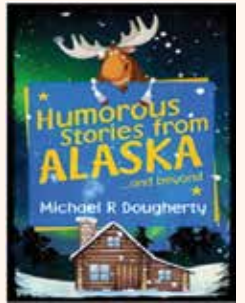
If you or someone you know requires skilled nursing care, they should be concerned about Medi-Cal recovery. Fortunately, they may be able to effectively plan to get the care they need, and protect their assets.

For more information, please call the McNamara Law Firm, PC at 661-287-3260, or visit [www.theMcNamaraLawFirm.com](http://www.theMcNamaraLawFirm.com).

## Humorous Stories from ALASKA...and Beyond

Part II

Thursday, January 22  
1:00 – 2:00 p.m.



Michael R. Dougherty is a professional storyteller who relates to audiences of all ages with humorous stories about his life experiences, from growing up in Alaska to becoming a Hollywood screenwriter. And now you can experience Alaska through Mike's fun stories.

Visit Mike's website at [www.Michael-R-Dougherty.com](http://www.Michael-R-Dougherty.com) to download your **FREE** book and to learn more about Mike.

## How Will You Care For Your Aging Loved One?

How are you dealing with:

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

We provide Elder Law & Life Care Planning to the Elderly and those with Long-Term Illnesses.

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## A New Year to Hear

Nola Aronson's Advanced Audiology

by Amanda Sweet, Au.D., Doctor of Audiology

A new year. A time for resolutions. Most of us will make a commitment to save more money, get in shape, improve our relationships, or something that will generally improve our lives. What if you could make one resolution that would improve your relationships, maintain a healthy brain, and

keep you connected to your favorite activities? That resolution is to achieve your very best hearing!

Hearing is your pipeline to joining in the conversation at parties and laughing at the punch line of a joke. Without our best hearing, we become isolated and tend to avoid social gatherings. The isolation that can result from a hearing loss has led current researchers to investigate the link between hearing loss and the risk of dementia. Our brains rely on hearing to receive the information it needs to keep our minds healthy and able to process all of the sounds within our world. We understand the importance of hearing healthcare to your entire well-being. The latest, virtually invisible hearing devices can keep you connected without anyone having to know! Our audiologists will evaluate your hearing and make a recommendation for your hearing levels and lifestyle.

Let 2015 be the year you take control of your hearing health! Please call to schedule your free hearing screening as part of our Community Wellness Program. Our resolution for 2015 is to screen 1,000 ears in one year, and we need your help to reach our goal! Your hearing is a precious component to your quality of life and we are here to help you enjoy that life to the fullest!

Nola Aronson's Advanced Audiology is located at 23822 Valencia Blvd., Suite 103 in Valencia. For more information, please call 661-253-3277.

## SCV Senior Center Monthly Dance



Thursday, January 8, 2015

6:00 – 8:30 p.m.

\$5 cover charge

Celebrate the King's 80th birthday! Rock to a full spectrum of his hits and a variety of other music and refreshments with all proceeds to benefit the SCV Senior Center.

**RSVP appreciated, please contact Robin at 661-259-9444 or email: [rclough@scv-seniorcenter.org](mailto:rclough@scv-seniorcenter.org).**



We Love To Help You Hear!



Nola Aronson, M.A.  
Owner



Ginny Veloz  
Au.D.



Amanda Sweet  
Au.D.

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Recently named the **Community Champion** by the Santa Clarita Valley Leadership Committee, we educate first and offer solutions second — helping patients make an informed decision regarding their hearing health care needs.

For healthy hearing solutions to start the New Year off right, call us at **(661) 877-9061** today!

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





# TRIPS & TOURS

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

## San Manuel Indian Bingo & Casino

Tuesday, January 27, 2015

\$28 – No Refunds!

Departs 9:30 a.m.

Returns approx. 7 p.m.

Have fun the San Manuel Indian Bingo

Way! Over 3,000 hot slot machines to try your luck and astounding 2,500-seat, state of the art Bingo Hall! Good Luck to Everyone!



## Nethercutt Museum & Luncheon at Odyssey!

Tuesday, February 10, 2015

\$20 includes Nethercutt

Lunch not included.

Departs 11 a.m.

Returns approx. 4:45 p.m.

Start your day with a wonderful luncheon overlooking all of San Fernando Valley at the iconic Odyssey Restaurant Mission Hills!

Among the treasures spanning four floors, the Nethercutt Museum showcases more than 130 of the world's greatest antique, vintage, classic and special interest automobiles and antique furniture, clocks and watches. Also, just steps outside the museum are a perfectly restored steam locomotive and a Private Car, which was owned by the eldest daughter of Santa Anita Race Track founder, E.J. "Lucky" Baldwin for you to tour.



## Trips & Tours Reminders

### Boarding Procedure

Clients will be boarded on the bus in the order of ticket purchase. There will be no exceptions and no saving of seats. If you want to sit with a friend, you will have to purchase tickets at the same time.

## Trip Interest List

If your name is placed on the Interest List for a trip, it is NOT a reservation for the trip. When the trip goes on sale, you will be notified, and it will be first come, first served for reservations.

## Valentine Centerpiece Workshop

Create a beautiful Valentine Centerpiece!

Wednesday, January 14

10:00 a.m. – 12:00 p.m.

Room A1

\$5 per person\*

Instructor Kimberly Davenport of Sunshine Creations & Crafts will teach you how to create a uniquely beautiful Valentine centerpiece. Kimberly Davenport is a professional card maker who has been creating cards and crafts for over six years.

\*All materials and supplies provided.

Maximum 15 people, please RSVP to Robin at 661-259-9444 or [rcclough@scv-seniorcenter.org](mailto:rcclough@scv-seniorcenter.org).



### MONDAY

\* HDM to receive Option A

### TUESDAY

Gosht Pulao  
Indian Beef Stew

### WEDNESDAY

\*Choice Day:  
A) Cumin Herb Chicken  
or  
B) Oven Browned Fish

### THURSDAY

Happy New Year  
Center Closed

### FRIDAY

Fish 'n Chips

NOLA Style  
Ragin' Jambalaya

Gosht Pulao  
Indian Beef Stew

\*Choice Day:  
A) Cumin Herb Chicken  
or  
B) Oven Browned Fish

Fresh BBQ Pulled  
Pork Sandwich

Salade Nicoise  
Fresh spring mix salad  
with beans and tuna

Penne Pasta  
Bolognese

\*Choice Day:  
A) Oven Baked Fish  
or  
B) Chicken Curry

Taco Salad

Cranberry Chicken

Sicilian Meatloaf

Chicken Supreme

Beef Chili

Rustic Penne Pasta  
with Chicken

Carnitas Tacos

Seasoned Oven  
Roasted Fish

Diced Porc  
Normande  
with Apples

Russian Chicken

Penne Pasta Marinara  
with Meatballs

Chicken Enchiladas

Fish 'n Chips



JANUARY BIRTHSTONE  
Garnet



JANUARY FLOWER  
Carnation

Note: Menu is subject to change without notice.

## Menu for January 2015



# Glaucoma Awareness Month

## Facts and Stats

Glaucoma is a very misunderstood disease. Often, people don't realize the severity or who is affected.

### Four Key Facts About Glaucoma

#### 1. Glaucoma is a leading cause of blindness

Glaucoma can cause blindness if it is left untreated. And unfortunately approximately 10 percent of people with glaucoma who receive proper treatment still experience loss of vision.

#### 2. There is no cure (yet) for glaucoma

Glaucoma is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since open-angle glaucoma is a chronic condition, it must be monitored for life. Diagnosis is the first step to preserving your vision.

#### 3. Everyone is at risk for glaucoma

Everyone is at risk for glaucoma from babies to senior citizens. Older people are at a higher risk for glaucoma but babies can be born with glaucoma (approximately one out of every 10,000 babies born in the United States). Young adults can get glaucoma, too. African Americans in particular are susceptible at a younger age.

#### 4. There may be no symptoms to warn you

With open-angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure. Vision loss begins with peripheral or side vision. You may compensate for this unconsciously by turning

your head to the side, and may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get tested. If you have glaucoma, treatment can begin immediately.

### Some Statistics About Glaucoma

- It is estimated that over 2.2 million Americans have glaucoma but only half of those know they have it.
- In the U.S., more than 120,000 are blind from glaucoma, accounting for nine percent to 12 percent of all cases of blindness.
- Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization.
- After cataracts, glaucoma is the leading cause of blindness among African Americans.
- Blindness from glaucoma is six to eight times more common in African Americans than Caucasians.
- African Americans are 15 times more likely to be visually impaired from glaucoma than Caucasians.
- The most common form, open-angle glaucoma, accounts for 19 percent of all blindness among African Americans compared to six percent in Caucasians.

Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted.

Estimates put the total number of suspected cases of glaucoma at over 60 million worldwide.

### Public Awareness and Attitudes

A survey done for Glaucoma Research Foundation found that:

- 74 percent of over 1,000 people interviewed said they have their eyes examined at least every two years.
- 61 percent of those (less than half of all adult Americans) are receiving a dilated eye exam (the best and most effective way to detect glaucoma).
- 16 percent of African Americans were unfamiliar with glaucoma.
- Nine percent of Caucasians were unfamiliar with glaucoma.

A 2002 Prevent Blindness America Survey found that:

- Blindness ranked third (after cancer and heart disease) as people's major fear.
- 20 percent of people knew that glaucoma was related to elevated pressure within the eye. Most of them mistakenly thought people could tell if they had glaucoma due to symptoms, or that it was easily cured, or that it did not lead to blindness.
- 50 percent had heard of glaucoma, but weren't sure what it was.
- 30 percent had never heard of glaucoma.

### Economic Impact

Glaucoma accounts for over 10 million visits to physicians each year.

In terms of Social Security benefits, lost income tax revenues, and health care expenditures, the cost to the U.S. government is estimated to be over \$1.5 billion annually.

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## Types of Glaucoma

There are several types of glaucoma. The two main types are open-angle and angle-closure. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye.

### Open-Angle Glaucoma

Open-angle glaucoma, the most common form of glaucoma, accounting for at least 90 percent of all glaucoma cases:

- Is caused by the slow clogging of the drainage canals, resulting in increased eye pressure
- Has a wide and open angle between the iris and cornea
- Develops slowly and is a lifelong condition
- Has symptoms and damage that are not noticed.

“Open-angle” means that the angle where the iris meets the cornea is as wide and open as it should be. Open-angle glaucoma is also called primary or chronic glaucoma. It is the most common type of glaucoma, affecting about three million Americans.

### Angle-Closure Glaucoma

Angle-closure glaucoma, a less common form of glaucoma:

- Is caused by blocked drainage canals, resulting in a sudden

rise in intraocular pressure

- Has a closed or narrow angle between the iris and cornea
- Develops very quickly
- Has symptoms and damage that are usually very noticeable
- Demands immediate medical attention.

It is also called acute glaucoma or narrow-angle glaucoma. Unlike open-angle glaucoma, angle-closure glaucoma is a result of the angle between the iris and cornea closing.

### Normal-Tension Glaucoma (NTG)

Also called low-tension or normal-pressure glaucoma. In normal-tension glaucoma the optic nerve is damaged even though the eye pressure is not very high. We still don't know why some people's optic nerves are damaged even though they have almost normal pressure levels.

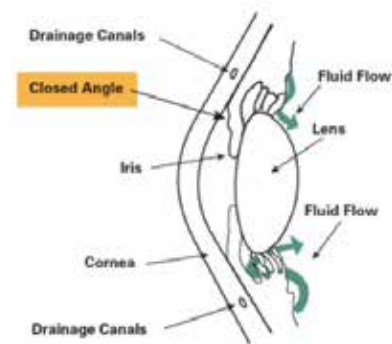
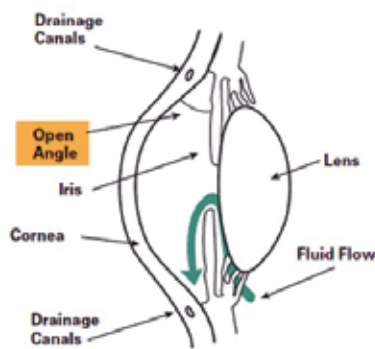
### Congenital Glaucoma

This type of glaucoma occurs in babies when there is incorrect or incomplete development of the eye's drainage canals during the prenatal period. This is a rare condition that may be inherited. When uncomplicated, microsurgery can often correct the structural defects. Other cases are treated with medication and surgery.

### Other Types of Glaucoma

Variants of open-angle and angle-closure glaucoma include:

- Secondary Glaucoma
- Pigmentary Glaucoma
- Pseudoexfoliative Glaucoma
- Traumatic Glaucoma



- Neovascular Glaucoma
- Irido Corneal Endothelial Syndrome (ICE)

Everyone is at risk for glaucoma. However, certain groups are at higher risk than others.

People at high risk for glaucoma should get a complete eye exam, including eye dilation, every one or two years.

The following are groups at higher risk for developing glaucoma.

**African Americans** – After cataracts, glaucoma is the leading cause of blindness among African Americans and people of African descent. Glaucoma is six to eight times more common in African Americans than in Caucasians.

**People Over 60** – Glaucoma is much more common among older people. You are six times more likely to get glaucoma if you are over 60 years old.

**Family Members with Glaucoma** – The most common type of glaucoma, primary open-angle glaucoma, is hereditary. If members of your immediate family have glaucoma, you are at a much higher risk than the rest of the population. Family history increases risk of glaucoma four to nine times.

**Hispanics in Older Age Groups** – Recent studies indicate that the risk for Hispanic populations is greater than those of predominantly European ancestry, and that the risk increases among Hispanics over age 60.

**Asians** – People of Asian descent appear to be at increased risk for angle-closure glaucoma. Angle-closure glaucoma accounts for less than 10 percent of all diagnosed cases of glaucoma. People of Japanese descent are at higher risk for normal-tension glaucoma.

**Steroid Users** – Some evidence links steroid use to glaucoma. A 1997 study reported in the Journal of American Medical Association demonstrated a 40 percent increase in the incidence of ocular hypertension and open-angle glaucoma in adults who require approximately 14 to 35 puffs of steroid inhaler to control asthma. This is a very high dose, only required in cases of severe asthma.

**Eye Injury** – Injury to the eye may cause secondary open-angle glaucoma. This type of glaucoma can occur immediately after the injury or years later.

Blunt injuries that “bruise” the eye (called blunt trauma) or injuries that penetrate the eye can damage the eye's drainage system, leading to traumatic glaucoma.

The most common cause is sports-related injuries such as baseball or boxing.

### Other Risk Factors

Other possible risk factors include:

- High myopia (nearsightedness)
- Hypertension
- Central corneal thickness less than .five mm.

Order our free 32-page booklet about glaucoma for yourself or a friend or family member. Recommended by eye doctors as “a wonderfully understandable introduction to glaucoma,” Understanding And Living With Glaucoma is the definitive resource for newly diagnosed glaucoma patients. We will also send you our free informative newsletter, which is mailed three times a year. Go to [www.glaucoma.org](http://www.glaucoma.org) to request a free booklet.

Source: Glaucoma Research Foundation at [www.glaucoma.org](http://www.glaucoma.org)



# Be the SPARK!

*Providing the Spark  
for Quality of Life*



Dear SCV Senior Center friend

There are few things more inspiring than hearing the stories of people whose lives have been changed for the better. At the SCV Senior Center, those are the types of stories we see and hear every day.

Consider Cecil, one of our warm, enthusiastic volunteers who oversees member registration and lunch sign-in. At one point, she'd given up on life. Today, she'll tell you, "I don't know what I would do without the Senior Center. It has brought me joy and purpose."



Or talk with Marilyn, who started coming to the SCV Senior Center about a year ago, and can be found cheerfully welcoming newcomers and encouraging them to get involved in activities. It wasn't always that way for her. When she first came to our Adult Day Care program, she was upset, depressed and did not want to be there. Within three months, she demonstrated a complete change and has become a treasured member of the SCV Senior Center family.

There are countless stories like these, of people who have found new joy and hope, new friendships and relationships, and revitalized health at the SCV Senior Center. These are the stories that inspire us and fuel our passion for providing a community of nearly 40,000 seniors with opportunities for quality of life.



We cannot do this without your help. As a nonprofit organization, the SCV Senior Center relies on grants, public funding and – perhaps most importantly – financial contributions from individuals and businesses. Every donation helps make a difference in the lives of seniors, and every gift is a spark that helps ignite a blaze of community support.

Staff and volunteers at the SCV Senior Center provide a multitude of programs and services in a welcoming environment. Our Adult Day Care program provides respite for adults with Alzheimer's disease and other conditions that require assistance and supervision. Every year we serve more than 50,000 congregate lunches, providing a nutritious lunch option in a lively social setting. We also provide more than 65,000 home-delivered meals annually, and for many of the homebound seniors we serve, it is an important daily point of human contact and interaction.



Other key services include our Handyworker home repair program; a variety of health and wellness programs; Lifelong Learning, exercise, and recreation classes; transportation for seniors living in several local senior residences; visually impaired services; home assessments and daily telephone reassurance calls; and trips and tours.

When you contribute to the SCV Senior Center, you're making an impact on your community. You become a partner in our mission; an ally in our pursuit of a quality life for seniors. This year, all sponsors will be honored with their names posted on a banner in the main lobby of the SCV Senior Center, as well as on a special page at [www.BeASpark.org](http://www.BeASpark.org).



By helping the SCV Senior Center, you support services all of us will likely need at some point in our lives. During this season of giving, we hope you will be the spark that brightens the lives of thousands of seniors.

Sincerely,

Rachelle Dardeau  
Executive Director  
SCV Committee on Aging

Peggy Rasmussen  
President  
SCV Committee on Aging

22900 Market Street, Santa Clarita, CA 91321 | (661) 259-9444

Supporting the SCV Senior Center has never been easier – Contribute online at [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

*I would like to make a gift to the Santa Clarita Valley Senior Center and be the Spark in someone's life.*

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