

# THE MIGHTY OAK

February 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

## The SCV Senior Center is part of the Heart of Santa Clarita! February is Heart Month, so Wear Red on Friday, February 6!

Behind National Wear Red Day® by the Go Red for Women Editors

Ask any stylist, job coach or dating expert and they'll tell you that red stands out. Eyes are immediately drawn to it. Some even say that the color red is a confidence booster and makes you feel powerful. Maybe that's why we chose the color red to signify our fight against the number one killer in women. Maybe it's just a coincidence that it's also the color of our hearts.



In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.



Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

This coming National Wear Red Day, February 6, 2015, marks our 12-year anniversary. And looking back on all we've accomplished, we've really made tremendous strides. They include:

- Nearly 90 percent of women have made at least one healthy behavior change.
- More than one-third of women have lost weight.
- More than 50 percent of women have increased their exercise.
- Six out of 10 women have changed their diets.
- More than 40 percent of women have checked their cholesterol levels.
- One third of women have talked with their doctors about developing heart health plans.



But despite our progress, women are still dying. They're still unaware of their risks and the facts. And now's not the time for complacency. It's time to stand stronger, speak louder and join us in the fight this National Wear Red Day.

- It's not just a man's disease.
- Heart disease and stroke kill one in



three women, yet it's 80 percent preventable.

- Help us raise awareness to end this killer of women.
- Make a change on National Wear Red Day & all year long!
- Wear Red to show your support for saving women's lives

Source: American Heart Association at [www.heart.org](http://www.heart.org).



### What's Inside?

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## Thoughts from Executive Director Rachelle Dardeau

Get your costume ready and prepare for a night of celebrating "Cities Around the World" at the SCV Senior Center's annual Celebrity Waiter Dinner on February 21, 2015, 5 p.m. at the Hyatt Regency Valencia

With a team of local celebrities acting as our wait staff for the evening, the SCV Senior Center Celebrity Waiter Dinner is a fun evening that helps raise funds to support SCV Senior Center programs and services. With this year's exciting theme, there are plenty of opportunities for creative costumes and table decorations. In addition to dinner, the evening will feature entertainment, dancing, a live auction, and prizes for the best-decorated table and the waiter who raises the most donations.

In addition to a dedicated team of volunteers, the SCV Senior Center Celebrity Waiter Dinner could not happen without the help of our valued sponsors. As in years past, the SCV Senior Center event is receiving tremendous support from the Santa Clarita business community. Sponsorships keep rolling in, but a few sponsorships and tickets are still available.

Thank you to all who contributed to the SCV Senior Center's "Be the Spark" annual campaign. It is heartwarming and encouraging to see the selfless giving of so many in our community and their belief in the work we are doing. You can see a list of "sparks" who donated at [www.BeASpark.org](http://www.BeASpark.org). Thank you for helping us make a difference in the lives of Santa Clarita Valley's seniors!

For more information, contact Jennifer at [jdehaven@scv-seniorcenter.org](mailto:jdehaven@scv-seniorcenter.org) or 661-259-9444, ext. 141.

## Volunteer Spotlight – Kim Wells

by Robin Clough, Volunteer & Recreation Coordinator

Eight years ago Kim Wells picked up the phone to seek out a volunteer position. She was missing her mother who had passed away and wanted to help and be near seniors to fill this void. From that day forward she has been tirelessly assisting with lunches at the Bouquet Canyon Senior Apartment meal site where she has found her "second family." Fellow volunteers also comprise this second family. "We share a special relationship, and that is one of the reasons I come," Kim says. "We're a great team, and I enjoy them all so much."

Dana Shiver, the Senior Center's site manager at Bouquet Canyon Senior Apartments, says that, "Kim is a bundle of positive energy that lights up the room and uplifts everyone she meets. She goes far beyond the call of duty, providing special touches such as birthday celebrations. Kim is always there when needed and will do whatever necessary for the program. She and the other volunteers at the site are a team of incredible heroes and the number of guests has tripled because of their efforts."

Kim worked in post-production for the entertainment industry where she met her husband who is a sound engineer, and they have a son and daughter. Kim feels it was



great preparation for her volunteer position where she enjoys interaction with wonderfully diverse personalities. She encourages and recruits people to participate in the lunch program not just for the great cuisine but also for the opportunity to socialize. "I don't want them to miss this experience!" she expresses with bubbly enthusiasm.

Kim Wells plays a critical volunteer role in promoting quality of life for seniors at the SCV Senior Center, and we are grateful she is a member of our family!



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## Braille Mobile Solutions Van

The Braille Institute will be offering a series of three seminars at the SCV Senior Center on March 13, 20 and 27 from 10 a.m. to 11:30 a.m. The no cost classes are for those who are experiencing difficulty with daily living tasks due to sight loss.

## SCV Senior Center Monthly Dance

### Moon Over Market Street

Thursday, February 5, 2015

6:00 – 8:30 p.m.

\$5 cover charge

Stop in the name of love and dance to top tunes of romance and a variety of other music!



Great music! Refreshments!

All proceeds benefit the SCV Senior Center

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



## 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 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** – Wed., 1:30 p.m. – 3:30 p.m. and Thurs., 9 a.m. – 11 a.m. Room A6

### Dance & Music

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

### 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
- **Beginner Pilates** – Tues., 2 p.m. – 2:50 p.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
- **Beginning French** – Wed., 10 a.m. – 11 a.m.
- **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
- **Immediate 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

## Golden Years Expo and Senior Health Fair

Presented by .. **UCLA Health**

**[goldenyearsexpo.com](http://goldenyearsexpo.com)**

### Where, When:

**Hyatt Regency Valencia**  
**Santa Clarita, CA**  
**Saturday, February 7, 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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**[garyb@highimpacteventresources.com](mailto:garyb@highimpacteventresources.com)**

**A high Impact! Event**

**Golden Years Expo & Senior Health Fair**

**GYE Passport Bonus Coupon**

**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.**

**Hyatt Regency Valencia Feb. 7, 2015**

**TMC**



SCVSC Senior Cinema presents:

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1957

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at 2 pm

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INFO:  
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Jackie Banks,  
Movie  
Manager



Suggested  
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\$1.00

Popcorn  
\$0.50

Free prizes

Wheelchair  
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Run time  
91 mins.  
B & W

Drama/  
Mystery

**Starring: Joanne Woodward, David Wayne & Lee J. Cobb**

**"A doctor treats a woman suffering from Multiple Personality Disorder."**

**Oscar winner for Best Actress in a Leading Role**



## Hearing Loss Tied to Heart Disease

by Nola Aronson

Studies have shown that a healthy cardiovascular system — a person's heart, arteries and veins — has a positive effect on hearing. Conversely, inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss. According to David R. Friedland, MD, PhD, Professor, and Vice-Chair at the Medical College of Wisconsin in Milwaukee, "The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other, less sensitive parts of the body."

Friedland and fellow researchers found that audiogram patterns correlate strongly with cerebrovascular and peripheral arterial disease and may represent a screening test for those at risk. They concluded that patients with low-frequency hearing loss should be regarded as at risk for cardiovascular events and appropriate referrals should be considered.

Experts like Charles E. Bishop, AuD, Assistant Professor, University of Mississippi Medical Center, find the evidence showing a link between cardiovascular and hearing health so compelling that they say the ear may be a window to the heart. "There is simply too much evidence that hearing loss is related to cardiovascular disease and other health conditions," said Bishop.

Because the jury is still out on exactly why there is a connec-

**Continued on page 7**



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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.

Celebrate this Valentine's Day with better hearing by calling us today for a free screening! **(661) 877-9061**

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## Lifestyle Changes for Heart Attack Prevention

Sounds simple doesn't it? Cardiovascular disease is the No. 1 cause of death in the United States. Stroke is the number four cause of death in the United States. One reason these statistics are fact is undeniably a lack of commitment to a heart-healthy lifestyle. Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility. A heart-healthy lifestyle includes the

ideas listed below. By following these simple steps you can reduce all of the modi-

fiable risk factors for heart disease, heart attack and stroke.

**Stop smoking**—If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We're here to help if you need it.

**Choose good nutrition**—A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods — which have vitamins, minerals, fiber and other nutrients but are lower in calories — over nutrient-poor foods. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key. And to maintain a healthy weight, coordinate your diet with your physical activity level so you're using up as many calories as you take in.

**Reduce blood cholesterol**—Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated fat, trans fat and cholesterol and get moving. If diet and physical activity alone don't get those numbers down, then medication may be the key. Take it just like the doctor orders. Here's the low-down on where those numbers need to be:

- Total Cholesterol: Less than 180mg/dL
- Low-density-lipoprotein (LDL) cholesterol equals "bad" cholesterol

A low LDL cholesterol level is considered good for your heart health. However, your LDL number should no longer be the main factor in guiding treatment to prevent heart attack and stroke, according to the latest guidelines from the American Heart Association. For patients taking statins, the guidelines say they no longer need to get LDL cholesterol levels down to a specific target number. A diet high in saturated and trans fats raises LDL cholesterol.

- High-density-lipoprotein (HDL) cholesterol equals "good" cholesterol

With HDL (good) cholesterol, higher levels are better. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, type II diabetes, and certain drugs, such

as beta-blockers and anabolic steroids, also lower HDL cholesterol levels. Smoking, being overweight and being sedentary can all result in lower HDL cholesterol.

- Triglycerides

Triglyceride is the most common type of fat in the body. Normal triglyceride levels vary by age and sex. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol is associated with atherosclerosis, the buildup of fatty deposits in artery walls that increases the risk for heart attack and stroke.

**Lower high blood pressure**—It's the single largest risk factor for stroke. Stroke is the No. 4 killer and one of the leading causes of disability in the United States. Stroke recovery is difficult at best and you could be disabled for life. Shake that salt habit, take your medications as recommended by your doctor and get moving. Those numbers need to get down and stay down. Your goal is less than 120/80 mmHg.

**Be physically active every day**—Research has shown that getting at least 30 minutes of physical activity on 5 or more days of

**Continued on page 11**



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

### February 2015

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

**Wed., February 4, 1 p.m.** – "I'm Not Going To A Nursing Home" – Gene Dorio, MD

**Wed., February 11, 1 p.m.** – Henry Mayo Newhall Hospital – Speaker to be determined

**Wed., February 18, 1:30 p.m.** – "Senior Scam Stopper Forum" – Senator Fran Pavely and the Contractors State License Board

**Wed., February 25, 1 p.m.** – "Heart Health Nutrition" – Rolando Toledo, MPH, Wellness Specialist, Facey Medical Foundation

### Health Screenings

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

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

**Diabetes Screening** – February 18, 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.

### Special Event

**Thursday, February 26, 2015 at 2:30 p.m.**

Tri-Valley Aging Network, Guest Speaker: Rachelle Dardeau, Executive Director-SCV Senior Center, Presentation: "21st Century Seniors"

## Black History Month

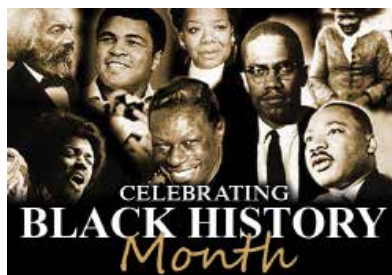
### Scholar Series: "Keeping the Dream Alive"

Lecture and Discussion about causes led  
by Martin Luther King, Jr.  
Presented by Malocca Hawkins  
Thursday, February 12  
1:00 – 2:00 p.m.

Famous African-Americans  
in History Quiz:  
Can You Guess Who They Are?  
Monday, February 23  
11:30 a.m. – 12:30 p.m.

African-American Music of the 20th Century  
from Scott Joplin to Ben E. King  
Performed by John Swinford  
Soul Food Menu • Trivia questions  
Friday, February 27  
11:30 a.m. – 12:30 p.m.

For more information, please call please call the SCV Senior Center at 661-259-9444, or visit our website at [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)



## Beginner Pilates

**Tuesdays**  
**2 p.m. – 2:50 p.m.**  
**\$5 per class**



Pilates is for everyone!  
Any shape, any size, any age!

Enjoy the benefits of better health with Pilates– leaner muscles, stronger bones, flexibility, balance, and endurance.

Try this introductory Pilates class and see why it is recommended by physical therapists and doctors.

Instructor Jordana Ruhland has been teaching for more than eight years. She is certified in Pilates, Stott Pilates, Mobility and Stability for the Active Aging, and the Pink Ribbon Program which teaches breast cancer clients post-operative workouts. She is the owner of Jordana's Progressive Pilates.

- Please bring a mat if you are comfortable getting up and down off the floor. Sitting or standing exercise modifications will be given if lying down on the floor is not an option for you.
- Wear comfortable clothing for stretching.
- Bare feet or socks recommended.

## Services Provided at the SCV Senior Center

### Center for Health Care Rights

See a Health Insurance Counselor for information and help with Medicare, Medi-Cal and supplements to Medicare. Volunteer Counselor, Judy Penman is here at the Senior Center twice per month by appointment only. Call the SCV Senior Center at 661-259-9444 to set up an appointment with Judy.

### Bet Tzedek Legal Services

No cost legal services are offered every other month for low income seniors dealing with simple wills, consumer problems, landlord-tenant, Social Security and SSI, debtor/creditor, conservatorships and guardianships etc. Bet Tzedek will return to the SCV Senior Center in March. Call the SCV Senior Center at 661-259-9444 and ask for Support Services to set up an appointment with Bet Tzedek.

### Advanced Audiology continued from page 4

tion and which comes first, it behooves those age 50 and older to get their hearing tested as a routine part of their medical care. In addition to cardiovascular health, research has associated hearing loss with numerous other physical, mental and emotional health conditions. As a result, those who address their hearing loss often experience better quality of life.

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

Source: Better Hearing Institute.

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## The Many Reasons to Admire Dogs

by Rita Roth

Rodeo, my almost dog, is losing his ability to see. You may wonder why I call him "my almost dog". It all started when Rodeo's person and I met and became a couple. I actually got two for the price of one since both proved to be lovable, and well worth knowing. One day when I was cuddling with Rodeo I told him that I could not love him more if he were actually my dog. "You are almost like my own dog," I said. And so he became known as "my almost dog."

Rodeo is bearing up well in the face of his waning eyesight. He is still the exuberant animal that I have always known, although it is obvious that all is not as it was in his life. He no longer feels safe walking down the long flight of steps outside the apartment in which he lives. He hangs back in fear and must be carried to the bottom step. However, when he is placed on the ground he becomes his usual enthusiastic self and he can't wait to see what adventures await him on this walk which he has been on countless times before.

This excitement for life is one of the traits that I most admire about dogs. They don't sit around whining about stuff. If a dog is asked "what's new" they will never

reply "Oh you know, same old same old". To a dog everything is worthy of its interest and no matter how mundane his or her life may be, it is viewed as a wonderful adventure. Just mention the word "walk" and instantly a canine's ears will stand up and the world becomes full of possibilities. It doesn't take going on a cruise or winning a jackpot to evoke these feelings.

I don't think dogs hold grudges. They can have a confrontation with another dog but still remain friends. You will probably never find a dog still refusing to bury the hatchet and not have anything to do with the animal in question for the next forty years. Of course I know that dogs don't live that long, but I am just making a point.

Then there is the loyalty factor. If you just give a dog a kind word he will adore you intensely. I think that even if the kind words are in short order, they will still love you. I don't know this for sure for I have never had an animal that I didn't shower with love and attention. I am known for slobbering all over my pets even if they pee on the carpet and throw up in my bed. Of course I would rather they didn't, but I love them anyway.

So I have stated some of the reasons why I respect and admire dogs so much and while I wouldn't want to chase cars or squirrels I would hope to acquire some of the above mentioned doggy traits and in doing so become a better human.

Vicki Hale  
Pre-Planning Advisor

**Eternal Valley Memorial  
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## Special Event! Senior Scam Stopper

Senator Fran Pavely and the Contractors State License Board will host an educational seminar entitled "Senior Scam Stopper" on Wednesday February 18 at the Senior Center. The seminar will be held at the Senior Center at 22900 Market Street, Santa Clarita. The presentations begin at 1:30 p.m. until 3:30 p.m. One in five seniors has been a victim of fraud. Join us to learn how to protect yourself from this serious injustice.



**WE ASSIST SENIORS TO REACH THEIR  
HIGHEST LEVEL OF INDEPENDENCE  
AT HOME, WHEREVER THAT MAY BE.**



**Ensure** safe transition from hospitalization or outpatient surgery to home.  
**Promote** good health through help with recommended diet, exercise and medication reminders.  
**Support** sense of well-being through attention to hygiene and grooming.  
**Offer** friendship, conversation and mental stimulation.  
**Value** the Life by encouraging the keeping of traditions and sharing of precious memories.  
**Keep** a safe, clean home environment.  
**Lift** family burden by sharing responsibilities, providing transportation and giving respite.  
**Include** furry, fishy and feathered friends as family, too.

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## Get Your Kicks On Route 66

by Kay Waggoner

Remember that old song from Bobby Troup? Route 66 was called the Mother Road. I'll bet the majority of California's senior citizens traveled on Route 66 at one time in their lives, either coming to California from the mid-west or like myself, born in California, heading back to the mid-west to visit relatives.

Every summer my family would pile into the station wagon and head to Oklahoma to visit my aunt. Route 66 was a 2 lane road that "ribboned" its way through each state. Traveling across deserts, mountains and prairies.

There were the old businesses, most of which no longer exist. Whiting Brothers gas stations and Stuckey's. The great greasy spoon cafes like the Midpoint Cafe and the Road Kill Cafe where

we would stop for lunch for burgers, fries and a shake. The motels with names like Buckaroo Motel, and my favorite the Wig Wam where all the rooms were adobe tepees.

There were the great road side attractions and there were the great natural areas like the Painted Desert, the Petrified Forest, the Meteor Crater and the Grand Canyon.

Yes the Grand Canyon! One of the most beautiful natural sights in the entire world but my father would never stop there. Why, you ask? He'd tell us that he was not going to drive an hour off the main highway to look at a big hole in the ground. Go figure.

I have great memories of old Route 66 and would love to travel what's left of it someday again, and yes, I did finally get to see the Grand Canyon. Went there with a friend once and again with my boyfriend, who later became my husband.

## Special Event: Tri-Valley's Aging Network

The Tri-Valley's Aging Network will be holding their next tri-annual event on Thursday, February 26 at the Senior Center located at 22900 Market Street, Santa Clarita 91321. Rachelle Dardeau, Executive Director of the Senior Center will be giving a presentation at 3 p.m. entitled: Seniors of the 21st Century. Refreshments will be provided by Sunrise at Sterling Canyon Senior Living.

## Thank you Bridget!

Bridget Murphy completed her Girl Scout Gold Award by framing, displaying, digitizing, and preserving the history of the SCV Senior Center. Stop by and see the work she completed in one of the SCV Senior Center hallways!



# Thanks, Henry Mayo.



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





# TRIPS & TOURS

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

## Hollywood Museum in The Historic Max Factor Building!

Wednesday, February 25, 2015

\$30 (No refunds!)

Departs 9 a.m. • Returns 4:30 p.m.

Lunch on your own. See 100 years of Hollywood! Official museum of Hollywood, it has the most extensive collection of Hollywood memorabilia in the world. How about some dessert at Ghiradelli's Soda Fountain and Chocolate Factory on Hollywood Blvd?



## Guide Dogs of America Tour & Teppan-yaki Luncheon at Kisho's

Wednesday, March 11, 2015

Price: \$20 (Lunch not included, must pay for own) No refunds!

Departs 9 a.m.

Return approx. 3 p.m.

Guide Dogs of America has been offering guide dogs, free of charge, to the blind and visually impaired since 1948. Tour the facilities and meet the puppies and their handlers. Teppan-yaki is an exceptional Japanese cuisine prepared tableside by highly trained professional chefs.

A \$3 donation or a dog toy is requested on the day of the trip!



## Harrah's Rincon Casino & Resort

Wednesday, March 24, 2015

\$28 (No refunds!)

Departs 8:30 a.m.

Returns approx. 6:30 p.m.

Feel the thrill of playing over 1,700 pulse-pounding, Vegas-style slots and more than 59 exciting table games! Good luck to everyone!



## Laughlin and the Grand Canyon! 3 Nights/4 Days!

Sunday, April 26 through Wednesday, April 29, 2015

Price: \$150 dbl/ \$200 single

No refunds after 3/14/2015!

Departs 8:30 a.m.

Return approx. 5:30 p.m.

Stay at the beautiful Aquarius Hotel and Casino in Laughlin. On the 27<sup>th</sup>, hop on the bus for a beautiful trip to the Grand Canyon or stay behind and play at the casino. You have all day on the 28<sup>th</sup> as a free day to relax, have a spa day or try your luck at the casinos!



## Let's Make Valentine's Together!



Wednesday, February 11<sup>th</sup>  
2:30 p.m. to 4 p.m.  
Room A-2



Our Daisy Girl Scout Troop 8132 is coming to the Senior Center to spend an afternoon making valentines with seniors. We are first graders



bringing all the supplies, snacks, and lots of enthusiasm!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pasta Pollo Puttansca</b> <sup>2</sup> Pasta seasoned tomatoes & garnished w/ chicken stir-fry	<sup>3</sup> <b>Roast Pork Loin &amp; Gravy</b>	<sup>4</sup> <b>Mediterranean Salad</b> Greek dressing, marinated beans with grilled chicken	<sup>5</sup> <b>Sweet &amp; Sour Pork</b>	<sup>6</sup> <b>Pescado Veracruz</b>
<sup>9</sup> <b>The Startled Pig</b> Pork Stew	<sup>10</sup> <b>Penne Pasta with Chicken Parmigianino</b>	<sup>11</sup> <b>Chili Egg Puff</b> A Senior Center Favorite	<sup>12</sup> <b>Cuban Chicken</b>	<sup>13</sup> <b>Fish and Chips</b>
<sup>16</sup> <b>CENTER CLOSED</b> President's Day Observance	<sup>17</sup> <b>Gosht Pulao</b> Indian meat stew	<sup>18</sup> *Choice Day: A) Cumin Herb Chicken or B) Oven Roasted Fish	<sup>19</sup> <b>BBQ Pulled Pork</b>	<sup>20</sup> <b>Salade Nicoise</b> with Tuna
<sup>23</sup> <b>Penne Pasta Bolognese</b>	<sup>24</sup> *Choice Day: A) Oven Baked Fish or B) Chicken Curry	<sup>25</sup> <b>Taco Salad</b>	<sup>26</sup> <b>Cranberry Chicken</b>	<sup>27</sup> <b>Meatloaf</b>
* Choice Day is for Congregate Sites Only. HDM Recipients to receive Option A only				
		 <b>FEBRUARY FLOWER</b> Violet	 <b>FEBRUARY BIRTHSTONE</b> Amethyst	
Note: Menu is subject to change without notice.				
<b>Menu for February 2015</b>				





## Seniors Need an Elder Law Attorney

by Jane M. McNamara, attorney

Yesterday was an emotionally draining day. I had four appointments – one regarding an update to an existing Living Trust, and three having to do with senior parents in their 80's whose health is declining. Plans had to be made for the senior's long-term care, and paying for that expensive care. Yes, the parents already had existing estate plans from years ago. They had planned on "avoiding probate" if they died. But they did not plan on being elderly, ill, having memory loss, and needing full time expensive care. Their lives were changing drastically, and the adult children had decisions to make.

These seniors were in danger of losing their life savings and

homes due to long-term care costs. These once strong and mentally sharp parents were now elderly and dependent on their adult children...yet they were trying desperately to stay independent. Each consultation was heart wrenching and somewhat similar: Mom and/or Dad, in their 80's, are stubborn, and firmly believe they can still be independent. They refuse to look at the facts – repeated falls, failure to eat properly, mixed up medications, forgetfulness, needs constant supervision, etc. The adult children have their hands full, and need guidance and information. The adult children must make the right decisions for their parents -- their parent's life-savings, health and well-being depend on it. The children must understand the options, and have a plan. VA Benefits, Medi-Cal, Asset Protection Trusts, how to pay for the expensive care without using all the parent's funds – much rides on the adult child's decisions.

Some day, I will no longer be independent – I will need caregivers and help, just like my clients and their families. I will likely be stubborn, not see myself and my needs clearly. I pray my adult children will take their future job seriously, and make the right decisions about my care needs, and paying for that care. They should only make these important decisions after getting all the correct information from an Elder Law Attorney.

The McNamara Law Firm may be reached at 661-210-8232, or visit [www.theMcNamaraLawFirm.com](http://www.theMcNamaraLawFirm.com), and [www.VAbenefits4seniors.com](http://www.VAbenefits4seniors.com).

### Save The Date

MV Transportation and the City of Santa Clarita Transit will host an event at the SCV Senior Center called "Meet and Greet Santa Clarita Transit" on Wednesday, March 4 at 1 p.m. The purpose of this event is to thank the current seniors who already are using Santa Clarita Transit, Dial-A-Ride or Access, and introduce the services for people who may not be aware of them.

## 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.

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.



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**Jane M. McNamara**

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## Senior Center Scholar Series

Keeping the Dream Alive

The Causes Led By Dr. Martin Luther King, Jr.

Lecture and discussion with Malocca Hawkins

Thursday, February 12

1 p.m. to 2 p.m.

Rooms A-1 & A-2

No charge!



Learn about Dr. King's well-known causes such as the Civil Rights Movement and explore some lesser-known causes such as his involvement in the labor movement and passion for economic equality. Presenter Malocca Hawkins studied Political Science at Mount Saint Mary's College and Public Policy at UCLA and has extensive experience in labor relations. Celebrate Black History Month, and join us for this interesting lecture!

### Heart Attack Prevention continued from page 5

the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. But something IS better than nothing. If you're doing nothing now, start out slow. Even 10 minutes at a time may offer some health benefits. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low fitness level.

Aim for a healthy weight—Obesity is an epidemic in America, not only for adults but also for children. An epidemic is when a health problem is out of control and many people are affected by it. Fad diets and supplements are not the answer. Good nutrition, controlling calorie intake and physical activity are the only way to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance, a precursor of type 2 diabetes — the very factors that heighten your risk of cardiovascular disease. Your Body Mass Index (BMI) can help tell you if your weight is healthy.

Manage diabetes—Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.

Reduce stress—Some scientists have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they otherwise would. Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.

Limit alcohol—Drinking too much alcohol can raise blood pressure and lead to heart failure or stroke. It can contribute to high triglycerides, produce irregular heartbeats and affect cancer and other diseases. It contributes to obesity, alcoholism, suicide and accidents. The risk of heart disease in people who drink moderate amounts of alcohol (an average of one drink for women or two drinks for men per day) is lower than in nondrinkers. However, it's not recommended that nondrinkers start using alcohol or that drinker's increase the amount they drink.

Source: American Heart Association at [www.heart.org](http://www.heart.org).

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- Alzheimer's and Dementia Care
- Residential Care Homes
- Independent and Retirement Communities

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# SCV Senior Center

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# Cities around the World

at the 2015  
**Celebrity Waiter Dinner**

BOARDING PASS

SCV Senior Center CELEBRITY WAITER DINNER  
DESTINATION  
**Hyatt Regency Hotel**  
**24500 Town Center Drive, Valencia**  
BOARDING DATE & TIME  
**Saturday, February 21, 2015**  
**5:00PM**



PASSENGER RECEIPT  
FIRST CLASS

CONTACT  
(661) 259-9444  
OR GO TO  
[WWW.SCV-SENIORCENTER.ORG](http://WWW.SCV-SENIORCENTER.ORG)  
TO CONFIRM YOUR  
DESTINATION

