

THE MIGHTY OAK

March 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

MARCH

National Nutrition Month



Food for Thought: What the Ultimate Organ Needs to Stay Healthy

by Alice G. Walton



We may spend a lot of time thinking about the health of our hearts, bones, skin, and even our intestines — with good cause. They are critical to our general health and wellbeing. But how often do you think about how to nourish our body's most important organ — the human brain? The brain is the seat of our consciousness. It governs our capacity to think, learn, reason, and remember; it's also the control center

for virtually every other bodily process that we have. And, not surprisingly, it's an organ that requires excellent nutrition to function at top capacity.

Most of us probably spend more time thinking about whether our food contains enough fiber for our GI tracts than we do about whether we're getting enough B vitamins for our brain cells.

There's a lot of evidence to suggest that what we do for the brain now can have a big impact on how it functions in the years — and decades — to come.

Keeping the brain healthy and well-nourished is a task that should be high on our to-do list. There's a lot of evidence to suggest that what we do for the brain now can have a big impact on how it functions in the years — and decades — to come. Eating well in the present, along with other healthy lifestyle choices we make today, can keep the brain hopping along well now and stave off age-related problems in the future, like cognitive decline

and Alzheimer's disease.

When you feel mentally sluggish, foggy, unable to concentrate, and just plain tired, there is a good chance that what you have or haven't eaten is to blame. It is all too easy to be deficient in some of the nutrients the brain needs to work at top capacity, especially if we are dieting, or under stress, or eating on the go. These deficiencies can affect us mentally, leading to a number of cognitive problems and even to states like anxiety and depression.

So it's a good idea to become familiar with the brain-friendly nutrition provided by omega-3 fatty acids, the B family of vitamins, vitamin D, and the now-famous phytochemicals, which are plant-derived compounds that often act as antioxidants.

For more information go to: www.thedoctorwillseeyounow.com.



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Thoughts from Executive Director Rachelle Dardeau

Guests celebrated “Cities Around the World” yet never left the grand ballroom at the Hyatt Regency Valencia on February 21

as the SCV Senior Center held its annual Celebrity Waiter Dinner. The place was packed with a crowd of 250, all of them getting into the spirit of this year’s theme with table decorations and costumes that celebrated this year’s theme. Celebrated cities included Roswell, New Mexico, the table that won the table decoration competition, New Orleans, Budapest, Athens, and London, among others. The winning “celebrity” waiter was LeChene’s Michel Delcros, who raised over \$5,600 to support programs and services at the SCV Senior Center. The Soundwaves provided live music as a backdrop to an evening of dancing.

While we’re still totaling the amount raised by the dinner, suffice to say we are

profoundly grateful for all of the businesses and individuals that support the SCV Senior Center. Not only is Celebrity Waiter a fun event for all who attend, we are consistently wowed by the support shown to us by our wonderful community.

This year March 16 to 22 is Brain Awareness Week. The SCV Senior Center provides free Brain Wellness Screenings. Studies have shown that your brain never stops changing or making new neural connections. Particularly as we age, it is vital to keep our brains healthy, which is why the SCV Senior Center hosts a nutritional meal every weekday and has programs and classes focused on keeping you and your brain healthy and active. If you haven’t visited the SCV Senior Center and checked out our program lineup, now is the perfect time! Call or visit the SCV Senior Center to find out more about programs, classes, and services, and schedule your free Brain Wellness Screening.



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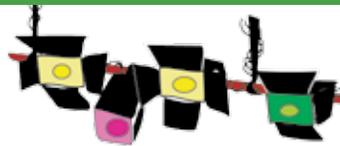
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Volunteer Spotlight

Jennifer Hernandez

by Robin Clough, Volunteer & Recreation Coordinator



“Needs where, needs must” is one of the many philosophical quotes from volunteer Jennifer “Jenn” Hernandez which encapsulates the enormous good that she accomplishes. “This is where I’m needed today,” she states resolutely, “so this is where I will be.” Jenn can be found each week assisting throughout the SCV Senior Center but her principle duties lie in both ends of the spectrum: her deep compassion makes her invaluable in Adult Day Care and her high-level fundraising skills in the Administration Department enhance the senior center’s abilities to better serve seniors.

Stephanie Godinez, Adult Day Care Director, says that “Jennifer is wonderful and I’m grateful to have such a funny and kind-hearted volunteer. She has gained in-depth understanding of Adult Day Care clients and her knack for interaction creates immediate rapport.” Jenn shares that her volunteerism has been “an amazing and life-changing experience” and is inspired “to have caretakers confide they have never felt so safe entrusting the wellbeing of their loved ones to us because

we treat them with respect and genuine care.” Jenn also brings new enthusiasm, ideas, and exceptional skills to the SCV Senior Center’s fundraising efforts. “To have someone like Jenn with her level of expertise, development skills, and sense of humor working on events is just a dream come true for us!” states Linda Alexander-Lieblang, Associate Executive Director. “Jenn shows through her daily commitment that she is dedicated to helping the SCV Senior Center meet the needs of seniors.”

The daughter of a Green Beret who later became an Air Force psychologist, Jenn moved frequently and learned the value of cherishing what time you have with someone. She sought a meaningful career and became the L.A. Zoo Associate Director of Special Events, putting on galas such as the highly successful Beastly Ball. Jenn also worked in program development for Children’s Hospital Parents Against Cancer. When her husband’s grandmother became ill, she chose to become the primary caregiver. Jenn deeply missed her after she passed away, and was determined to spend time with others in the senior popula-



tion. When she became a volunteer she was happily surprised to discover the energy at the SCV Senior Center, and her outlook on aging changed. Philosophically again she commented, “Age is a narrow-minded stereotype, and seniors can be extremely vital.”

Her humility, humor, warmth, and strong philosophy that “a positive outlook is everything” has made Jennifer Hernandez a treasured volunteer at 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

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 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
- **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

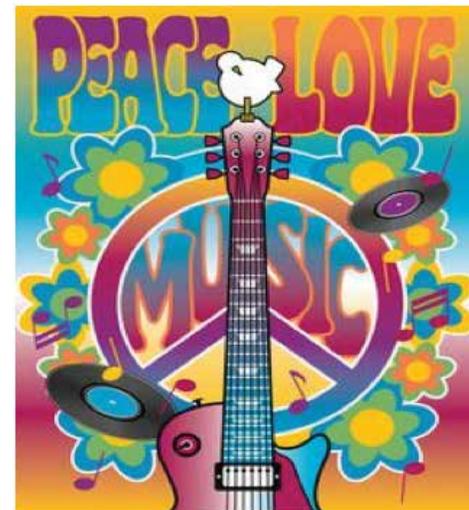
Recreation & Leisure

- **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

SCV Senior Center First Thursday Dance

Thursday, March 5, 2015
6:00 – 8:30 p.m.
\$5 cover charge

These boots are made for dancing to the fab tunes of the 60's! Enjoy Groovy Music from the decade that changed it all with Far-Out Refreshments!



All proceeds benefit the SCV Senior Center.

RSVP appreciated, please contact Robin at 661-259-9444 or rclough@scv-seniorcenter.org.



SCVSC Senior Cinema presents:

"Stage Door"

1937

Wednesday,
3/11/15
at 2pm

22900 Market
Street
Newhall, CA

INFO:
661-259-9444
Jackie Banks,
Movie
Manager



Suggested
Donation
\$1.00

Popcorn
\$0.50

Free door
prizes

Wheelchair
Accessible

Run time
92 mins.
B&W

Comedy/
Drama

**Starring: Katharine Hepburn,
Ginger Rogers & Adolphe Menjou**

**"A boardinghouse full of aspiring actresses
and their ambitions, dreams and
disappointments."**

How Do I Know If I Have Hearing Loss?



Although multiple studies confirm the absolute importance of good hearing health in promoting whole body health, it is still one of the most unaddressed health conditions in America today.

Hearing loss occurs most often as people age, although it can be heightened by loud noise, medications, infections, trauma, hereditary factors, and disease processes.

There are approximately 34 million people in the U.S. with hearing loss — roughly 11 percent of the population and rising. Hearing loss is the single most common birth defect in America.

Approximately one-third of all seniors age 75 and older have significant hearing loss. About 14 percent of all people age 45 to 64 have demonstrable hearing loss.

You may have hearing loss if you:

- Hear people speaking but can't understand their words.
- Frequently ask people to repeat themselves.
- Don't laugh at jokes because you miss part of the story.
- Perceive that "people mumble."
- Ask others about details of a meeting you just attended.
- Play the TV or radio louder than friends and relatives.
- Cannot hear the doorbell or clearly on the telephone.
- Find it is easier to understand people when they look directly at you.

The good news is that more than 90 percent of all cases of hearing loss can be treated with hearing aids. Recent insights into how hearing works, better algorithms, and features that sort out speech from background noise have made today's hearing aids a marvel of modern ingenuity.

If you or someone you know demonstrates any of the symptoms mentioned, an audiologist at Advanced Audiology can help determine the severity of the hearing loss, the root cause, and treatment options.

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

Public Hearing Notice

The Santa Clarita Valley Committee on Aging/Santa Clarita Valley Senior Center will be holding a public hearing to receive comments on proposed application to Los Angeles County Metro Federal Section 5310 Enhanced Mobility of Seniors and Individuals with Disabilities Program Funds for FY 2015 to support the provision of transportation services to meet the specific needs of seniors and individuals with disabilities.

The proposed application will request replacement of two of the current buses for the SCV Senior Center that are almost 15 years old as well as provide GPS navigation and tracking systems for all five buses to improve efficiency of transportation services.

Monday, March 16, 2015 at 4 p.m.

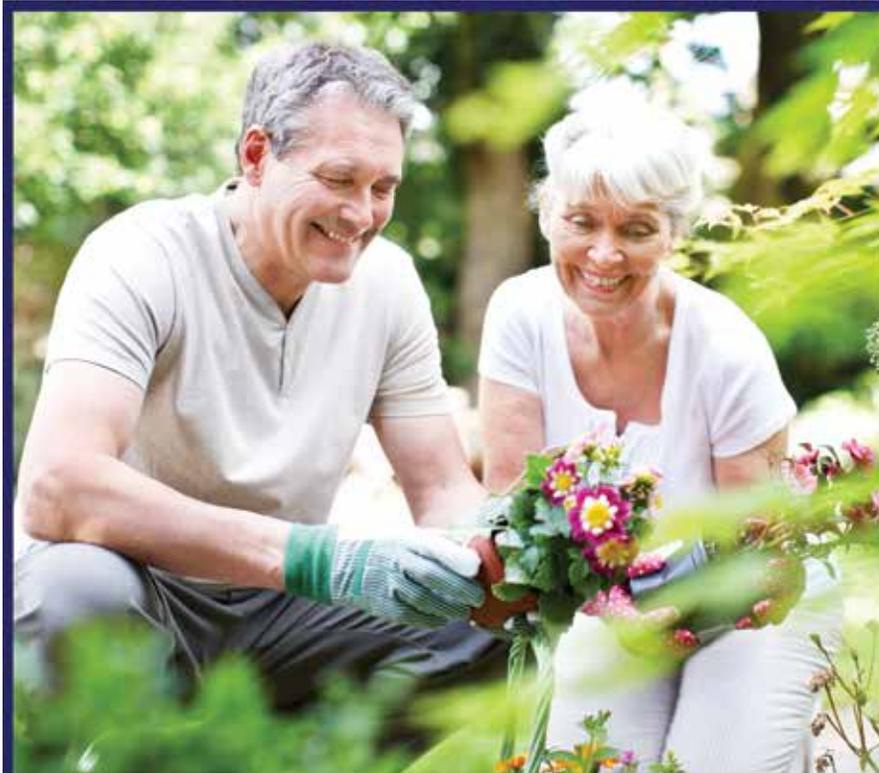
Santa Clarita Valley Senior Center

22900 Market Street

Santa Clarita, CA 91355

St. Patrick's Day Celebration

On Tuesday, March 17 we will be celebrating St. Patrick's Day. From 11:30 a.m. to 1 p.m. in the dining room we will be serving a surprise St. Paddy's menu and Irish tunes will be performed by John Swinford & the Memory Makers. Be sure to wear your green proudly!



Be a part of our hearing wellness program!

We believe that everyone in our community over the age of 55 years old should have their hearing screened annually as part of their personal wellness program. More than 36 million people in the U.S. have some hearing loss.¹

Don't wait any longer to find out what you aren't hearing. Make sure you hear everything around you.

Call for your free hearing screening appointment today! 661-877-9061

1,500 Be a part of our quest to provide 1,500 free hearing screenings in 2015! Help us help our community hear well with free preventative hearing care!

Thank you for helping us achieve our 2014 goal of 1,000 free hearing screenings!

Nola Aronson, M.A., Owner
Ginny Veloz, Au.D.

1. National Institute on Deafness and Other Communication Disorders. www.nidcd.nih.gov



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Much Ado about Glue

by Rita Roth

My son sent me a pair of earrings. He found them on a computer site which he frequents, on which you make purchases with points instead of real money. I am not sure how it works, and although he has endeavored to explain it to me, it remains one of the many things that I do not understand.

The earrings were very pretty and I liked them a lot. The first and only time, that I wore them, the little green glass beads which were embedded in the metal of the earrings became unembedded. I was able to locate the beads after they fell off, and I put the earrings and the beads in a little baggy which I placed in a drawer.

Fast forward several months to present time. While shopping for odds and ends in my local drug store I came upon a cardboard package. Affixed to the package were three little tubes of glue. Not just any glue, but "instant super glue". Aha, I thought, just the thing to reunite the green glass beads with my earrings and make them pretty again.

So, after wrestling one of the little tubes of glue from its cardboard home, and retrieving the baggy with the beads and the earrings from the drawer, I was prepared to restore the jewelry to its former glory. The weather was beautiful so I sat out on my patio and went to work; I held the earring with my left hand and squeezed glue onto the metal with my right hand. I then placed one of the little green beads onto the earring and tried to press it into place. It promptly fell off and rolled under a chair. Oh well, I thought, if at first you don't succeed etc., etc. I repeated the whole process with similar results, and still the bead remained unglued. What had become glued however, were the fingers of my right hand. They were firmly stuck together and refused to become separated.

I hurried to my computer to confer with my old friend Mr. Google. The first suggestion was to place my hand in hot soapy water. This produced no results. I then tried pouring white vinegar over my fingers. They remained stuck. I then brought on the heavy artillery, nail polish remover, even though I can't stand the smell. My fingers moved a little but still did not come unstuck. I now began to feel uneasy, we were going out to dinner that evening and I didn't like the thought of having my companion cut up my food. I worked all afternoon on my fingers and finally I could pry them apart, although I felt as though I was ripping of my skin. It took several days before all the glue could be peeled off. The little baggy with the earrings and the beads went back into the drawer where they will probably stay forever.



Turning 65

by Kay Waggoner

I hit a milestone in my life in January; I turned 65 years old.

I got to thinking about the benefits I'd receive now that I am 65 and it brought back memories of turning 21.

Turning 21 meant that you were legally an adult. It meant you could go into bars and adult clubs. It meant that you could buy booze. It meant that you could go to Las Vegas and go into the casinos and gamble. It meant you were no longer socially considered to be dependent upon your parents.

Continued on page 9

Those Were Our Songs: Music of World War II

Senior Center Silvertones Concert



A musical program that will take you back to those unforgettable days of bobby sox, ration coupons, and big-band radio shows. Combined instruments and voices of the Silvertones will perform a program of nostalgic memories from the World War II era. Sway to the strains of Glenn Miller and swoon to the songs of Vera Lynn. Sing-along's are welcome and dancing is encouraged.

Thursday, March 19

3:00 – 4:30 p.m.

SCV Senior Center Dining Room

No charge

Light Refreshments will be served

Health Education & Wellness Schedule at the SCV Senior Center

March 2015

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

Wednesday, March 4, 1:00 pm – Meet & Greet Santa Clarita Transit

Wednesday, March 11, 1 p.m. – Felice Barte MD, Ophthalmology, Henry Mayo Newhall Hospital

Wednesday, March 18, 1:30 – 3:30 p.m. – "Be Prepared - Get The Most From Your Doctor's Visit", Gene Dorio, MD

Wednesday, March 25, 1 p.m. – Diabetes Awareness, Rolando Toledo, MPH, Wellness Specialist, Facey Medical Foundation

Health Screenings

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

Hearing Screenings - March, 11 a.m. to 12 p.m.

Diabetes Screening – March 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

Braille Institute is hosting 3 consecutive workshops promoting techniques that promote independence for those with low vision. Friday, March 13; Friday, March 20 and Friday, March 27 from 10 a.m. – 11:30 a.m. in the Supportive Services Modular.



Brain Awareness Week (BAW) March 16 to 22, 2015 is the global campaign to increase public awareness of the progress and benefits of brain research

The experiences we have throughout life actively shape our brains. From birth through the final stages of life, brain cells and the connections between them are changing in response to the environment. With increasingly sophisticated technology, researchers are exploring changes in brain cell structure and function throughout life more closely than ever before. What they are finding could one day guide new strategies to boost brain health and promote earlier recognition of brain disease. With imaging and the use of molecular and genetic tools, researchers are identifying key differences between the healthy brains of children, teenagers, and older adults. While many questions about the developing and aging brain remain, human and animal studies have demonstrated how a person's lifestyle influences brain health over time. Recent studies also highlight the brain's remarkable ability to adapt to life experiences.

Source: www.BrainFacts.org

Healthy Aging

by Susan Perry

We all want to age well. Exercise, eating right, and avoiding stress help maintain a healthy body as we age, but what about the brain? New research indicates these same strategies also promote brain health.

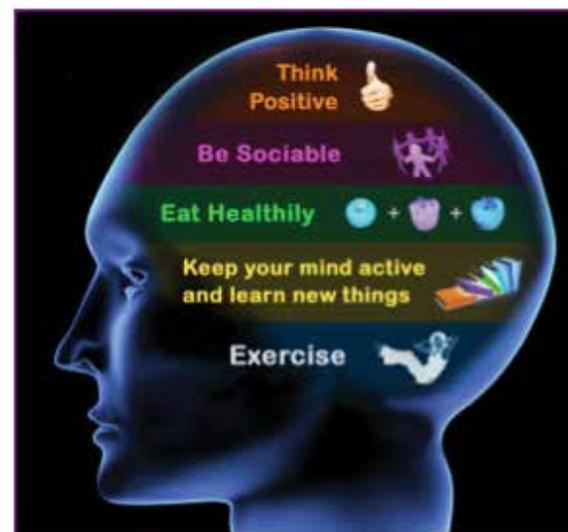
Adopting healthy lifestyle habits such as exercising, eating right, and avoiding undue stress can help us maintain and possibly improve brain health as we age. Why do some people preserve their memory into old age while others do not? Much research is being done to

answer this question. While science has yet to find a way to stop the aging process and prevent degenerative disorders such as Alzheimer's disease and dementia, neuroscientists are actively researching this area and have already

found several strategies that may help maintain or improve brain health as we age.

Reaching a better understanding of aging and disease prevention strategies is critically important for maintaining brain health. About 500 million people worldwide were at least 65 years old by 2006, according to the National Institute on Aging. That is 12 percent of the world's population. By 2030, that figure is expected to climb to 20 percent. As health conditions improve in developing countries, life expectancies will rise, and the number of people with cognitive problems due to age-related disorders is set to skyrocket.

Word puzzles and nighttime classical music are often misguidedly touted as cure-alls to preserving brain health into old age. However, brain myths such as these have now largely been debunked. In fact, human and animal studies have established that simple habits can lead to sharper memory in our later years. Basic science research indicates that many lifestyle choices are linked to brain health. These findings are showing:



- How exercise enhances nerve cell formation and survival in parts of the brain associated with learning and memory.
- Why diets high in fat and sugar increase the formation of a protein implicated in Alzheimer's disease.
- How chronic stress can damage the hippocampus — a brain region linked with learning, memory, and emotion.
- Regular exercise is one of the most important recommendations for healthy bodies and brains. Research indicates that aerobic fitness enhances learning and memory in older animals. In aged mice, exercise improved memory retention and the speed of learning. Their time on a running wheel also encouraged the development of new brain cells — a process called neurogenesis — in the hippocampus. Alzheimer's disease and other forms of dementia are characterized by a decreased number of neurons in this brain region.

The same improvements have been seen in people. Research suggests that physical fitness prevents the atrophy of brain regions, including the hippocampus. One study showed inactive older adults who begin to walk three times a week have improved efficiency in the neural networks involved in cognition. Other results show that

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physical activity affects executive control functions, such as multi-tasking, scheduling, and planning. Overall, aerobic exercise continues to show positive effects at all levels, from cellular to behavioral.

A balanced diet is important for weight management, which turns out to be another key factor in maintaining brain fitness. Clinical research shows that older men with the most body fat tend to do worse on cognitive tests than their slimmer counterparts. Women show similar effects. Older women with a group of risk factors known as “metabolic syndrome” — excess fat around the waist, high cholesterol, and high blood pressure — had increased rates of cognitive impairment.

Another reason to eat right: blood sugar levels affect brain health. The blood sugar glucose, which the hormone insulin shuttles through the blood stream into cells, provides the brain with fuel. Too much glucose overwhelms the body’s ability to use and regulate sugars effectively. Abnormally low levels of glucose, a state known as hypoglycemia, impair the delivery of nutrients to the brain and injure cells.

In people with insulin resistance, cells don’t respond to glucose normally, so the body releases greater amounts of insulin to compensate. But this can backfire, as elevated levels of insulin often lead to diabetes. One study reported that older adults with diabetes or insulin resistance had abnormalities in the way their brains metabolize glucose and showed impaired performance on a word memorization task. Other research indicates that diets high in fat and sugar increase the formation of amyloid beta, a protein involved in Alzheimer’s disease.

Research shows that avoiding undue stress also is important for promoting healthy aging. Chronic stress can strain the entire body, and physicians have long noted that severe stress weakens the immune system and promotes weight gain. Scientists have found the brain also suffers from long-term psychological stress. Steroid hormones known as glucocorticoids, which are released in response to stress, can have lasting effects on the brain regions that regulate their release. Regions of the aging brain that are most susceptible to decline are especially vulnerable to stress hormones.

Research also suggests that extremely stressful lifestyles could damage the brain’s memory machinery. Prolonged social stress in rodents, tree shrews, and vervet monkeys has been shown to damage the hippocampus. Research in these animals reveals that chronic stress increases cell death, reduces the development of new cells, and decreases connections between cells in the hippocampus.

Fortunately, all this evidence indicates that behaviors that make you feel good — regular exercise, diet and weight management, and low stress — also support your cognitive abilities in the long term.

Source: Society for Neuroscience

Braille Institute Seminars

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.

Braille Mobile Solutions Van

The Braille Van will be here at the SCV Senior Center on Wednesday, March 18 from 10 a.m. to 2 p.m.



Quality is what you **SEE**.
Service is what you **EXPERIENCE**.
Care is what you **FEEL**.

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- Experienced Assisted Living Care Team
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I COULD USE A LITTLE HELP”



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- Linens/Laundry
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- Care Management

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**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.

Because all care is personal!



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Celebrate Women's History Month! **Rosalind Franklin – A Reenactment**

The Contributions and Controversy Surrounding Her DNA Research. Reenactment by Louise M. Willard, in full character with set background.



Friday, March 27
1:00 – 2:00 p.m.
No charge!

There is probably no other woman scientist with as much controversy surrounding her life and work as Rosalind Franklin. Franklin was responsible for much of the research and discovery work that led to the understanding of the structure of DNA. It is a tale of competition and intrigue, told one way in James Watson's book "The Double Helix", and quite another in Anne Sayre's study, "Rosalind Franklin and DNA". James Watson, Francis Crick, and Maurice Wilkins received a Nobel Prize for the double-helix model of DNA in 1962, four years after Franklin's death at age 37.

In January 1953, Wilkins changed the course of DNA history by disclosing without Franklin's permission or knowledge her Photo 51 to competing scientist James Watson, who was working on his own DNA model with Francis Crick at Cambridge.

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

Thanks, Henry Mayo.



henrymayo.com/stories

TRIPS & TOURS

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

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

Wednesday, March 11, 2015

\$20 (no refunds)

Lunch not included, must pay for lunch!

Departs 9 a.m.

Returns approx. 3 p.m.

Tour the facility, 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!



Outlets at Tejon!

Thursday, April 9, 2015

\$27

(no refunds after 03/9/2015)

Departs 9:30 am

Returns approx. 4:30 pm

Lunch your own and comfortable shoes are highly recommended!

The Outlets at Tejon is California's new brand in outlet shopping, offering impressive savings of up to 65 percent at more than 70 designer and brand-name stores such as, Coach, Chico's, Michael Kors, and Calvin Klein to name a few. Enjoy your day of shopping!



Harrah's Rincon Casino & Resort

Tuesday, March 24, 2015

\$28.00 (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!

Valley View Hotel/Casino

\$20.00 Free Casino Play

Tuesday, May 5, 2015

\$28 (no refunds)

Departs 8:30 a.m.

Returns approx. 6:30 p.m.

Newly remodeled and expanded! A free Lunch Buffet is offered for new players only!



Laughlin & The Grand Canyon!

3 Nights/4 Days

Sunday, April 26th through

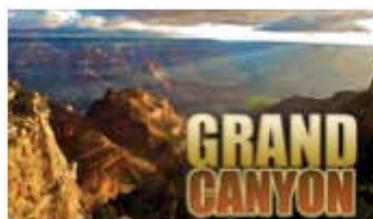
Wednesday, April 29, 2015

Price: \$150 dbl/ \$200 single
(no refunds after 3/14/2015)

Departs 8:30 a.m.

Returns approx. 5:30 p.m.

Stay at the beautiful Aquarius Hotel and Casino in Laughlin. The next day, the 27th, 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 28th as a free day to relax, have a spa day or try your luck at the casinos!



2015 California Strawberry Festival!

Saturday, May 16, 2015

\$29 (no refunds)

Departs 9 a.m.

Returns approx. 5:30 p.m.

Lunch on your own. Have a Berry Good Time! With live concert performances, more than 250 artists and crafters from across the nation to showcase their original works, pie eating contest, strawberry relay race, berry best hat contest, strawberry tart toss and demonstrations by chefs, there's something for everyone!

Turning 65 continued from page 5

Turning 65 means that you are legally a senior citizen. It means you are now eligible for Medicare. It means you are eligible for many discounts at restaurants, retail stores, events and entertainment. For some people, turning 65 means retirement.

In some societies, turning 65 means instant recognition for accumulated wisdom and the ability to embrace all things good and spiritual.

In many ways, both of these milestones are something that we look forward to in our lives.

So I guess that turning 65 is almost like turning 21 all over again.

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Joe Shenberger

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Planning for Long-Term Care

by Jane McNamara, Elder Rights Attorney

I meet with many families who are concerned about long-term care issues. Typically a family member is showing signs of dementia, has had a stroke, or is now unsteady and falling. A conversation needs to begin regarding the future. Long-term care is expensive, and planning is important. Questions

are asked, such as: how do we get the care needed, without running out of money? How do we protect the home? How do we get VA benefits on the husband's military service record to help with the care costs? How do we get Medi-Cal? Is our Trust and Will up to date? And these questions just scratch the surface.

For those that have a plan, handling the many critical issues that arise may be easier. Failure to plan usually means the family will be in "crisis" when there is a medical emergency, a fall, or a stroke. The family will be surprised that there are no proper legal documents in place, and they are unable to make medical or other decisions for the ill person, or unable to access funds to pay the bills. Without planning, many will use most or all of their assets on long-term care expenses, because they did not know about Veterans Administration or Medi-Cal benefits. The home may be lost to Medi-Cal recovery. Costly mistakes will be made, because the families did not have accurate or complete information, and did not have a plan.

Dementia and other illnesses can complicate the process. Those affected often are unable to reason or think rationally, they are easily agitated, suffer from depression and/or paranoia. It is

important to plan as soon as possible, before the health crises arise. For more information on advance planning, please visit our website video: www.theMcNamaraLawFirm.com.

The McNamara Law Firm may be reached at 661-287-3260. For information about Veterans Benefits, please visit www.VAbenefits4seniors.com.

Healthy Diets

by Mayo Clinic Staff

March is National Nutrition Month



Do you want to adopt a healthy diet but aren't sure where to start? As you consider the parade of healthy diets in magazines and cookbooks, make sure to look for one that:

- Includes a variety of foods from the major food groups: fruits, vegetables, whole grains, low-fat dairy products, and lean protein including beans and other legumes, nuts and seeds, and healthy fats
- Provides guidelines for how much food to choose from each group
- Includes foods you can find in your local grocery store — rather than specialty or gourmet store items
- Fits your tastes, lifestyle and budget

Also consider your health risks. For example, do you have high cholesterol or high blood pressure? If so, be sure to follow a diet that's low in salt, saturated fat and cholesterol, and high in fruits, vegetables, whole grains and healthy fats. For personalized advice, talk with your doctor or a dietitian. Source: www.mayoclinic.org

How Will You Care For Your Aging Loved One?

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

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



How are you dealing with:

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



McNamara Law Firm, PC

An Elder Law & Life Care Planning Firm

28212 Kelly Johnson Parkway, Suite 110 Valencia, California 91355

Phone (661) 287-3260 • Fax (661) 287-3921

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Senior Center Scholar Series I'm Retired... Now What?

Lecture and Discussion with Bill Lyons

A career engineer discusses how he switched gears in retirement to find his passion, and how you can too!

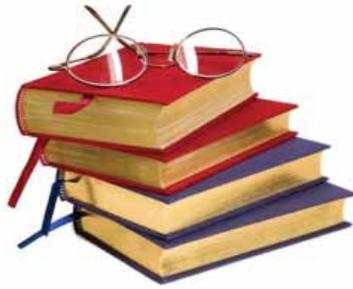
Thursday, March 12

1:00 - 2:00 p.m.

Rooms A-1 & A-2

No charge!

Learn about an engineer's unlikely journey to becoming a novelist. Presenter Bill Lyons is a published author who will inspire you to reminisce and write about about powerful moments in your own life.



Easter Card Workshop

Create unique cards to celebrate Easter!

Join us Wed., March 11 from 10:00 a.m. – 12:00 p.m. in Room A1. Cost is \$5/person. All materials and supplies are provided. Maximum 15 people; Please RSVP to Robin.

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



Save the Date Pet Vaccination Clinic

Saturday, May 16th
No Charge

Save the Date for Caregiver Resource Day

A day for family caregivers to get the information and support they need.

Saturday, May 9

8:30 a.m. to 1:00 p.m.

Event located at:

College of the Canyons

Pre-registration fee is \$10.

For more information, please call SuzAnn at 661-259-9444 or email: snelsen@scv-seniorcenter.org.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Supreme	3 Beef Chili	4 Rustic Penne Pasta With Grilled Chicken	5 Carnitas Tacos	6 Oven Baked Fish
9 Pork Normandy with Applies	10 Russian Chicken	11 Penne Pasta with Meatballs in Tomato Sauce	12 Chicken Enchiladas	13 Fish and Chips
16 Penne Pasta with "quick stir-fry" Chicken	17 St. Patrick's Day Surprise Menu!	18 Mediterranean Salad	19 Sweet & Sour Pork	20 Pescado Veracruz
23 Pork Stew	24 Angry Penne Pasta w/ Chicken Parmigianino	25 Chili Egg Puff	26 Cuban Chicken	27 Fish and Chips
30 Jambalaya	31 Gosht Pulao (Indian Meat Stew)	 MARCH BIRTHSTONE Aquamarine		 MARCH FLOWER Daffodil

Note: Menu is subject to change without notice.

Menu for March 2015

SCV Senior Center Celebrity Waiter Dinner Thank You



“Thank you” to the SCV community for coming out to support the SCV Senior Center Celebrity Waiter Dinner last Saturday, February 21, 2015.



We extend our deepest appreciation to the Celebrity Waiter Committee and the numerous volunteers and staff that help to make this event a success.



Thank you to all of our sponsors for supporting the event and an extra special thank you to our Platinum Sponsors Princess Cruises and Wolf's Towing & Auto Repair.



Finally, we gratefully thank Photo Booth Hysteria for donating their time, supplies, and props to create these fabulous photos for our event.

