

THE MIGHTY OAK

May 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

Older Americans Month 2015: "Get into the Act"

In honor of our older adults and Older Americans Month we would like to recognize our older adults at the SCV Senior Center. Since 1963, communities across the country have shown their gratitude



by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more. The principles set forth in the Older Americans Act of 1965 have guided the development of the SCV Senior Center and continue to serve as a guide for the continuation and expansion of services.

The SCV Senior Center prepares and distributes an average of 137,200 meals annually. Congregate meal sites at three locations



in the Santa Clarita Valley serve 56,000 meals, while volunteer and staff drivers serve 81,000 home delivered meals. The Support Services department of the SCV Senior Center completes an average of 21,000 client contacts annually through Care Management, Assessments, Support Groups, Health and Wellness programs, and Community Education, and through the Adult Day Care, provides over 2,000 days of respite to individuals with dementia and their caregivers. Transportation Services provides over 20,000 rides to seniors and disabled adults who lack transportation. The SCV Senior Center offers over 3,000 classes, activities, and groups with over 44,000 par-

ticipants annually. An intergenerational volunteer program logs an average of 26,000 volunteer hours annually from seniors, adults, teens, and children who offer their time and talents to support the mission of the SCV Senior Center. The Handyworker program provides minor home repairs to over 200 residents of Santa Clarita annually.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the SCV Senior Center provides an array of services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities. Throughout the month, the SCV Senior Center will be conducting activities and providing tips on how to access programs and resources designed to maximize the independence of older adults in our community. We challenge YOU to "Get into the Act" and get involved in your community, take charge of your health, volunteer, and make a positive impact in the lives of others!

To learn more about Older Americans Month activities contact the SCV Senior Center at 661-259-9444 or visit our website at www.scv-seniorcenter.org.

Connect: Follow us on facebook at www.facebook.com/scvseniorcenter

Source: www.ncoa.org



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Message from the SCV Senior Center Executive Director

by Rachelle Dardeau, MS, MSW

May is national Older Americans Month, a time to put the spotlight on the contributions and needs of the seniors we serve every day. This year's theme is Get into the Act. The SCV Senior Center is the perfect place for everyone to get into the act – the act of serving others, the act of staying healthy and active, and the act of being engaged in the community.

Adults over 65 comprise almost half of the volunteer force at the SCV Senior Center. They are ever young at heart and the life of the SCV Senior Center. SCV Senior Center volunteers assist in delivering over 5,500 meals monthly to meet the needs of homebound seniors, serve meals at the SCV Senior Center, staff the daily lunch desk, staff the Trips & Tours department, assist with clerical duties in Administration, staff event committees, and volunteer in a number of other capacities to serve Santa Clarita Valley seniors. SCV Senior Center exercise classes and life-long learning classes are filled with over 3,500 "Older Americans" who are keeping their brains and bodies healthy and fit in over than 260 classes monthly. Another group of SCV Senior Center guests venture out to casinos, festivals, museums, and other destinations through Trips & Tours, a program designed to entertain, enrich, and engage.

Get into the Act at the SCV Senior Center and celebrate Older Americans and all that they have done and still do to make our community a wonderful place to live.

The Santa Clarita Valley Senior Center Adult Day Care is proud to announce that Memories in the Making® has chosen four pieces of our participant's art work to be displayed at the Memories in the Making Gallery Exhibition & Sale, on Thursday May 7th, 2015 at the Samuel Freeman Art Gallery in Los Angeles.

Memories in the Making® is a unique program that allows persons with Alzheimer's disease or other dementia to express themselves through art. During the creative process of painting the art produced is a tangible means of expression. This wonderful program has allowed our seniors to express themselves through water colors, providing them the opportunity to reminisce and reconnect with their creative side. Each Friday morning our seniors can be found actively engaged and creating a new master piece. Memories in the Making® was introduced in 1988 and is the signature art program of the Alzheimer's Association Orange County Chapter.



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SCV Senior Center Needs Volunteer Drivers for the Home Delivery Meal Program

The SCV Senior Center prepares and delivers delicious and nutritious meals Monday - Friday with special meals on holidays to homebound seniors throughout the Santa Clarita Valley including Val Verde and Castaic. Some of our volunteer drivers have been driving for over 24 years. Home-Delivered Meal drivers receive an orientation and are trained on one specific route.

- Commit to Drive – One day a week from 9:30–11:30am.
- Not only do we serve a meal we also deliver a smile and some brief conversation.
- Delivering meals makes all of the difference in the world to our senior meal recipients.

To schedule a ride along and quick orientation, please contact Robert Galarza, Director of Transportation at 661-259-9444 ext.114 or rgalarza@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

Arts & Crafts Classes

- **Art Workshop** – Tues., Wed. & Thurs., 9:30 a.m. – 12 p.m., Room A2
- **Fundamentals of Drawing** – by Charity Vincent, Tues, 11:00 a.m. – 12:00 p.m., Room A1
- **Needlework and Jewelry Making** – Mon., 9 a.m. – noon, Room A2
- **Watercolor Virtual Art Lessons** – Beginner level: Fri. 1:30 p.m. to 3:30 p.m.; Intermediate level: Thurs. 9:30 a.m.–11:30 a.m., Room A6

Dance & Music

- **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 a.m.–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
- **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 Class** – PC and Mac, all levels, call Senior Center for information
- **Intermediate 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 4:30 p.m., Room A1
- **Chess Club** – Mon. – Fri., 10 a.m. to 2 p.m., Room A5
- **Pinochle** – Mon., Wed., Fri., 1 p.m. to 4:30 p.m., Room A4
- **Food & Knick-Knack Bingo** – Fri., 10:30 a.m. to 11:30 a.m., Room A2
- **Ping Pong** – Tues, 1 p.m. to 4 p.m.
- **Senior Cinema** – 2nd Wed., 2 p.m., Room A6
- **Wii Games** – Tues. & Thurs., 1 p.m. to 3 p.m., Room A6

Braille Mobile Solutions Van

The Braille Mobile Solutions Van will be at the SCV Senior Center on Friday, May 8 from 10 a.m. to 2 p.m.

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Nola Aronson

Your Hearing is Essential to Communication

Get a baseline hearing screening during May's Better Hearing & Speech Month!

When it comes to hearing loss, people are often confused because silence is easy to ignore. It is also easy to dismiss an inability to hear on a phone or in a crowded restaurant as being an isolated incident.

The truth is that hearing loss occurs at different levels, so not being able to hear in certain situations can be a sign of hearing loss.

Here are some questions that can help determine your hearing health:

1. Do you have a problem hearing on the telephone?
2. Do you have trouble hearing when there is noise in the background?
3. Do you have to strain to understand a conversation?
4. Do a lot of people seem to mumble or not speak clearly?
5. Do you often misunderstand what others are saying and respond inappropriately?
6. Do you often ask people to repeat themselves?
7. Do people complain that you turn the TV volume up too high?
8. Do you often hear a ringing, roaring or hissing sound?
9. Do some sounds seem too loud?
10. Do you have trouble understanding when women or children speak?

If you answer "yes" to three or more of these questions, you could have a hearing problem and should make an appointment to have your hearing evaluated by one of Nola Aronson's advanced audiologists during May's Better Hearing and Speech Month. Don't miss out on any of the sounds of your life!

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

SANTACLARITA VALLEY COMMITTEE ON AGING



You may be eligible for home repairs including:

- Grab bars
- Locks installed
- Smoke detectors
- Wheelchair ramps
- Hand rails and steps
- Minor roofing repairs
- Minor plumbing repairs
- Minor electrical and other minor home repairs

FREE MINOR RESIDENTIAL REPAIRS FOR QUALIFIED HOMEOWNERS

The Handyworker Program provides minor home repairs to eligible homeowners to improve the safety and habitability of their home. Repairs to the dwelling unit and attached structures are eligible for repairs, and are performed at no cost to the homeowner.

To qualify for the program, applicants must provide proof of homeownership, residency, and income. The household must meet the criteria of low to moderate income as defined by HUD, and includes the combined income of all persons residing in the household regardless of relation. The home cannot be listed for sale, in escrow, or in jeopardy of foreclosure.

For more information, call 661-259-9444. This program is partially funded by Santa Clarita's Community Development Block Grant and Los Angeles County's Community Development Block Grant, through 5th District Supervisor Michael D. Antonovich.



May is Better Hearing and Speech month!

Come in for your FREE hearing screening!

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 to schedule your appointment today!
661-877-9061

1500

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!



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Owner



Ginny Veloz, Au.D.



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23822 Valencia Blvd.
Suite 103
(next to AAA in the Owen Paterson building)
Valencia, CA 91355

661-877-9061

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

Volunteer Spotlight: Leesa Miller

by Robin Clough, Volunteer & Recreation Coordinator

Volunteer Leesa Miller is busy attending night school and raising three children. Before sending her children off to school, Leesa prepares their meals for the day. Then she heads over to the SCV Senior Center and somehow she finds time and energy to pack hundreds of meals for homebound seniors for distribution throughout the Santa Clarita Valley as well as serve congregate lunches. "I do it for myself," Leesa exclaims. "My favorite thing is the people here and how appreciative they are. It makes me feel good to do things for others!"

Leesa was born and raised nearby on Walnut Street and feels right at home at the SCV Senior Center. Here she was excited to encounter her 4th grade teacher, discover her mother's friend participating in an activity, and even have her father attend computer classes. "It is fun. I like the volunteers and staff, and I've made wonderful friends with the seniors."

Food Service Director, Joanna Vallelunga, praises Leesa Miller saying "she is an exceptional volunteer who assists in our kitchen at the SCV Senior Center. Leesa comes in early and assists our cooks in executing the daily responsibilities affiliated with the planning and preparation of approximately 500 meals per day. As we transition into the lunch service, Leesa is very knowledgeable about our nutritional serving guidelines and gladly helps with the serving line set up and the execution of lunch. Leesa is willing to work in any position to ensure the lunch program is running smoothly. Leesa is a true teammate, positive role model, and ambassador in our volunteer program. She is looked up to by many volunteers and we are proud and privileged to have her on our team." Thank you Leesa for giving your time and energy to the SCV Senior Center!



Destination Latin America!

Take a trip across Latin America without leaving the Senior Center! Celebrate the diversity of Central and South American culture.

Friday, May 8
2:00 – 4:00 p.m.

- Traditional Latino Games
- Salsa dance lessons
- Authentic food and beverages

Presented by College of the Canyons Latino American Students Association. RSVP to Robin: 661-259-9444, rclough@scv-seniorcenter.org.



The First Thursday Dance Country Meets 70s Rock

From "Red Dirt Road" to "Runnin on Empty"

May 7, 2015

5:45 – 8:30 p.m.

\$5.00 Cover Charge

Refreshments will be served and all proceeds will go to the SCV Senior Center.

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



The SCV Senior Center NeedleCrafters present Spring Boutique

Featuring lovely handmade items in all shades of pastel!



Monday, May 4, 2015

8:30 – 11:30 a.m.

Rooms A-1 and A-2

All proceeds donated to the SCV Senior Center.

Health Education & Wellness Schedule at the SCV Senior Center

May 2015

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

Wed., May 6, 1p.m.: Oral Cancer Education and Screening with Dr. Gin

Wed., May 13, 1p.m.: Stroke Education – Prevention, Symptoms & Treatment, Lorisha Rathnum Clark, BSN BA, RN-BC, Stroke Navigator, Henry Mayo Newhall Hospital

Wed., May 20, 1p.m.: 21st Century Seniors – Rachelle Dardeau, MSW, Executive Director, SCV Senior Center

Wed., May 27, 1p.m.: Health Quackery & Scams, Rolando Toledo, MPH, Wellness Specialist, Facey Medical Foundation

Health Screenings

Blood Pressure Checks: Wednesday 12 p.m.-1p.m. & Friday 10:30a.m.-12p.m.

Hearing Screenings: May 6 11a.m. – 12p.m.

Diabetes Screening: May 13 10:30a.m. – 11:30am

Brain Wellness/Memory Screenings: By Appointment

Support Groups

Emotional Support Group: Tuesdays 10:00 – 11:00am

Grief Support: Tuesdays 11:00am – 12:00pm

Caregiver Support Group: Fridays 9:30am – 10:30am

Caregiver Workshop: Fridays 10:30 – 11:30am

Caregiver Bootcamp: Tuesdays 6:00 – 7:30pm

Special Events in May

Caregiver Resource Day: Saturday, May 9 from 8:30a.m. – 3:30p.m. at College of the Canyons

Free Vaccination Clinic for Cats and Dogs: Join us on Saturday, May 16th from 10a.m. – 12p.m.

Unclaimed Money Workshop: Assemblyman Scott Wilk on Friday, May 22nd from 10a.m. – 11:30a.m.

SCV Senior Center
SANTA CLARITA VALLEY COMMITTEE ON AGING

Senior Cinema presents:

THE GRAND BUDAPEST HOTEL

2014

**Wednesday,
May 13, 2015
at 2 pm**

22900 Market
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Newhall, CA

INFO:
661-259-9444
Jackie Banks,
Movie
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**Suggested
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\$1.00**

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hotel from the fictional Republic of Zubrowka and the lobby boy
who becomes his most trusted friend."



Questions that Haunt Me!

by Kay Waggoner

Why does a round pizza come in a square box? Why is it that people say they 'slept like a baby' when babies wake up like every two hours? Why do doctors leave the room while you change? They're going to see you naked anyway...

Why is 'bra' singular and 'panties' plural? Why does Goofy stand erect while Pluto remains on all fours? They're both dogs! If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

Why, Why, Why do we press harder on a remote control when we know the batteries are getting dead? Why do banks charge a fee on 'insufficient funds' when they know there is not enough money? Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard? Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him? Why do Kamikaze pilots wear helmets? If people evolved from apes, why are there still apes?

Why is it that no matter what color bubble bath you use the bubbles are always white?

Is there ever a day that mattresses are not on sale? Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized? Why do people keep running over a thread a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

Why is it that no plastic bag will open from the end on your first

Continued on facing page

Thanks, Henry Mayo.



**SHEILA R. VELOZ
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henrymayo.com/stories



Will You Or Your Family Be Next?

by Jane M. McNamara, Elder Rights Attorney

More than 1,250 persons are diagnosed with Alzheimer's Disease each day in the United States. According to the Alzheimer's Association, 45% of people with Alzheimer's are never actually diagnosed. These statistics show that we have approximately 1,812 "new" cases of Alzheimer's EVERY DAY in this country.

If the average family dealing with this illness consisted of 5 people, that means 9,060 new people each day, or 3,306,900 new people each year, are being affected by this disease – JUST IN THE UNITED STATES.

Typically, a person living with Alzheimer's lives another 7-12 years after diagnosis. My own mother is now in her 6th year, and continues to show a steady decline in her mental abilities. I saw symptoms for several years before her actual diagnosis. One thing I have learned first hand: It is EXTREMELY difficult, if not impossible, to care for a loved one with Alzheimer's disease in our own home. Behaviors related to Alzheimer's can include wandering (or intentional escaping), combativeness, anger, confusion, and memory loss. These patients require help with all activities of daily living. There is an emotional, psychological, and financial burden on all concerned. Caregivers burn out, suffer from depression, and often face financial ruin. In addition, sometimes caring for an Alzheimer's patient is unsafe – anger and combativeness create a real danger for the caregiver.

There are a variety of care facilities available: Assisted Living, Residential Care and Skilled Nursing facilities. Each have their own

advantages, and the Alzheimer's patient must be assessed to determine what level of care, and which facility, can provide the type and extent of care needed.

If skilled nursing is needed, the average cost in California exceeds \$8,000.00 per month, and it is NOT covered by insurance. It is very important to consider the eligibility requirements for Medi-Cal and other benefits to help pay for this expensive care. A legal/financial plan is needed to get the right care, protect assets, and avoid impoverishment. This legal/financial plan should be made at the time of diagnosis, or when the symptoms begin. One thing is certain: there is no cure. Better to have a well thought-out plan, than to be caught in a crisis situation, and lose the family home and life savings.

For more information, please visit our website at www.themcnamaralawfirm.com or call 661-287-3260.

Questions continued from facing page

try? How do those dead bugs get into those enclosed light fixtures? Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over? In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

Favorite...

The statistics on sanity is that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends -- if they're okay, then it's you.

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



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- Med Reminders
- Transportation
- Hospital-to-Home
- Dressing
- Exercising
- Linens/Laundry
- Errands
- Care Management

Each Home Instead Senior Care franchise is independently owned and operated. ©2014

Senior Center Scholar Series Amelia Earhart

Historical Reenactment with Louise Willard. Louise is a member of the American Association of University Women. She brings notable women in history to life.

Thursday, May 28
1:00 p.m. - 2:00 p.m.
Rooms A-1 & A-2

Amelia Mary Earhart was an American aviation pioneer and author. Earhart was the first female aviator to fly solo across the Atlantic Ocean. Earhart was a widely known international celebrity during her lifetime, known for her shyly charismatic appeal, independence, persistence, coolness under pressure, courage and goal-oriented career along with the circumstances of her disappearance. Earhart's accomplishments in aviation inspired a generation of female aviators, including the more than 1,000 women pilots of the Women Airforce Service Pilots (WASP) who ferried military aircraft, towed gliders, flew target practice aircraft, and served as transport pilots during World War II.



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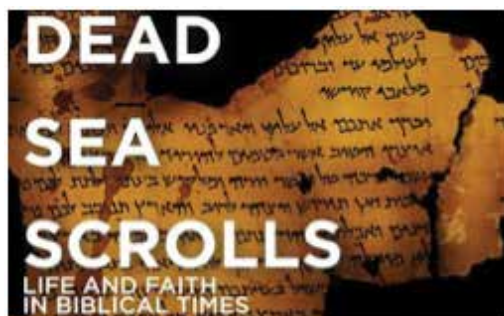
Valley View Hotel & Casino

\$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!



The Dead Sea Scrolls!

Wednesday, May 6, 2015
Price: \$45 No refunds!
Departs: 8 am
Returns approx. 4 pm
The Largest Dead Sea Scroll exhibition ever mounted outside of Israel, featuring over 600 ancient artifacts on display. Includes Imax movie Jerusalem in 3D!



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!



Santa Anita Race Track

Thursday, May 21, 2015
Price: \$25 No Refunds
Lunch your own
Departs 11:00 am
Returns approx. 6:30 pm
Are you ready for some thoroughbred racing? Spend the day at the races with us at Santa Anita Park. With

good food and good friends, what more could you ask for? Also, includes "club house" seating. Good luck to everyone!

Tea Rose Garden English Tea & Wrigley Mansion Tour

Thursday, June 4, 2015

Price: \$40

No refunds after May 4

Departs 10:15 am

Returns approx. 4:30 pm

Enjoy an exquisite English Tea at Old Town Pasadena's lovely Tea Rose Garden. Then tour the grandeur of the majestic

Wrigley Mansion, the official headquarters of the Tournament of Roses. The English Tea will consist of finger sandwiches (cranberry chicken, cucumber mint, goat cheese and sundried tomato, turkey & basil), Lemon Raspberry and Maple Pecan Scones, Spring Petal Salad, Rose Sugar Cookie, Fresh Fruit and Tea.



4th of July Ventura Harbor Fireworks Cruise!

Saturday, July 4, 2015

Price: \$62

No refunds after 6/1/15

Departs 3 p.m.

Returns approx. 11:30 p.m.

First have a lovely dinner on your own at Ventura harbor. Then at 7 p.m. hop aboard the Island Packers and enjoy a



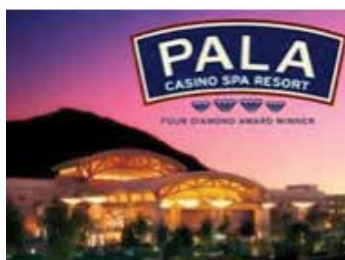
beautiful evening under the stars and celebrate America! Cruise to the scenic Channel Islands Harbor to watch the fireworks!

Coming Soon!

Farmers Market & the Grove
(June)



Pala Casino
(July)



San Antonio Winery Luncheon & wine tasting
(July)



Richard Roelofs

Congratulations!

Please join us in congratulating Richard Roelofs for receiving First Place in the National Veterans Creative Arts Competition award from the Department of Veterans Affairs. This award was presented to Richard at the SCV Elks Lodge in March 2015. Richard plays piano completely by ear and is a self-taught musician. We thank you Richard for your many years of volunteerism at the SCV Senior Center as well as all over the Santa Clarita Valley and for the wonderful music you create every time you play the piano!

Unclaimed Property Workshop

**Presented by: California Assemblyman
Scott Wilk, 38th District**



Friday, May 29
10:00 – 11:30am
Room A-1

The State of California is currently in possession of more than \$7.1 billion in Unclaimed Property belonging to approximately 27.9 million individuals and organizations. Unclaimed Property can be bank accounts, safety deposit box contents, stocks, mutual funds, bonds, certificates of deposit, dividends, matured insurance policies, etc. Attend this workshop to find out if you are one of the millions of Californians owed money by the State!

Thank you!

Rachelle Dardeau, Executive Director, of the SCV Senior Center, accepted a certificate acknowledging that the SCV Senior Center is “making a difference in the world” along with a donation from CBC Cleaning and Restoration! Thank you to CBC Cleaning and Restoration for nominating the SCV Senior Center as one of the non-profits in Santa Clarita and thank you to all of you that voted to help achieve the donation from CBC.



Congratulations

Please join us in congratulating Annee Sohikian in receiving recognition as a woman in service at the Zonta Club of Santa Clarita Valley 31st Annual Women in Service Celebration on April 11, 2015. Annee is the SCV Senior Center Volunteer Trips and Tours Coordinator. She does an amazing job organizing, planning, and securing a variety of trips to be provided to the community. She works tirelessly along with her Trips and Tours department volunteers to ensure that everyone has a great experience. We thank you Annee for all you do for the SCV Senior Center!



Linda Alexander-Lieblang, Annee Sohikian, & Andrew Sohikian

Santa Clarita Valley Senior Center Caregiver Resource Day

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

Event located at:
College of the Canyons
Dr. Dianne G. Van Hook University Center
26455 Rockwell Canyon Road
Santa Clarita, CA 91355

Saturday, May 9, 2015
8:30am to 1:00pm
Afternoon Session 1:00pm to 3:30pm

Featured Speakers:

Four Steps to Protecting your Assets and Your Independence
Jane McNamara
McNamara Law Firm, PC – An Elder Law and Life Care Planning Firm

Changes in Healthcare in the Santa Clarita Valley
Panel Presentation

Comprehensive Pain Management: Myths and Realities
Thuong D. Vo, MD
Southern California Spine & Pain Institute

Registration fee of \$10.00 includes all sessions, resource materials, access to vendors, and continental breakfast. Make your reservation early; seating is limited.
For more information, please call SuzAnn at 661-259-9444
or email at snelsen@scv.seniorcenter.org.

Caregiver Resource Day REGISTRATION

Name _____
Address _____
City _____ State _____ Zip Code _____
Phone _____ Fax _____
Email Address _____

**1 Registration form per guest, please
form may be duplicated**

Registration Fee \$10 until April 30. After May 1st fee is \$15. Includes all sessions, resource material, vendors, and continental breakfast.

Method of Payment

☐ Check ☐ Visa ☐ MasterCard ☐ Am Ex

Credit Card # _____ Exp. Date _____ 3-digit security code _____

Signature _____

**You can fax your registration & credit card
payment to: (661) 255-6069**

Please make checks payable to & send to:
Santa Clarita Valley Senior Center
22900 Market Street • Santa Clarita, CA 91321

At Least I Know Where my Keys Are!

by Rita Roth



I never lose my keys. As soon as I enter my front door I deposit them in a pretty glass bowl which is situated on a nearby piece of furniture. No matter how rushed or how scatterbrained I may be I do not have a problem locating my keys. They are always right where I left them, in a pretty glass bowl on a piece of furniture by my front door.

Lest you get the impression that, because I avoid the lost key scenario, that I am some kind of super organized woman, let me assure you that this is not the case. I wish it were but the fact is, it is not.

I can be just as dingy as the next person, actually there are times when I make the next person look like a paragon of perfection. I will give you one example of what I call my “dingy behavior”. My eldest son was spending a week with me, and because he fondly remembers the meals I prepared in his growing up days, I was motivated to do a lot of cooking.

One of the dishes I prepared for him was a rich and flavorful Cream of Cauliflower soup. This turned out particularly well and I got to use up the head of cauliflower which had been taking up more than its fair share of space in the refrigerator. In the preparation of cream soups I use a utensil called an immersion blender. For those not familiar with immersion blenders, it is a wand shaped device that has blades on the end. Its function is to break down cooked food so that it becomes smooth. When making cream soup it is much more efficient than moving the soup into a standing blender and it accomplishes the same purpose.

A few weeks later I decided to make another batch of cauliflower soup. My son had gone home but I thought I would share my soup with a neighbor who now and then takes care of my cat Stanley when I am away. She refuses money so I sometimes share food with her to show appreciation. So I got out my soup pot and began preparation. First I cooked the cauliflower in a vegetable broth, and then I added the seasoning. Now I was ready for the blending. I went to the spot where I keep the immersion blender. It wasn't there. Where was it? I could not find it. I searched high and low for probably an hour, but there was no sign of it. I finally gave up and I squashed the cooked cauliflower with a potato masher. It was not good. What should have been smooth and silky was lumpy and unappealing. Of course I could have used my regular blender, but the thought of spilling soup all over the counter in an effort to get where I wanted it, was daunting.

For the next two weeks I searched for the immersion blender. I would wake up in the night and search in places that I had already searched multiple times before. To no avail, it remained unfound. Then one day, while placing clean sheets in the linen cupboard, I moved some towels. And there it was. My long lost immersion blender was nestled among the contents of the cupboard. What was it doing there? I don't have a clue. Did I put it there? I honestly don't know. But at least I know where my keys are.

WE ASSIST SENIORS TO REACH THEIR
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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.
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MONDAY

Choice Day is
for Congregate
Sites only. HDM
Recipients will
receive Option A.

TUESDAY



MAY BIRTHSTONE
Emerald

WEDNESDAY



MAY FLOWER
Lily-of-the-Valley

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice Day is for Congregate Sites only. HDM Recipients will receive Option A.	MAY BIRTHSTONE Emerald	MAY FLOWER Lily-of-the-Valley		1 Pescado Veracruz
4 The Startled Pork Stew	5 Penne w/ Chicken Parmigianino Sauce	6 Chili Egg Puff	7 Cuban Chicken	8 Fish and Chips
11 Jambalaya	12 Gosht Pulao Indian Meat Stew	13 Choice Day A) Cumin Herb Chicken or B) Oven Roasted Fish	14 BBQ Pulled Pork Sandwich	15 Salade Nicoise
18 Penne Pasta Bolognese	19 Choice Day A) Oven Roasted Fish or B) Chicken Curry	20 Taco Salad	21 Cranberry Chicken	22 Meatloaf and Gravy
25 Memorial Day Center Closed	26 Beef Chili	27 Rustic Penne with Chicken	28 Carnitas Taco (Pork)	29 Seasoned Oven Baked Fish

Note: Menu is subject to change without notice.

Menu for May 2015



**Join us at the SCV Senior Center for
Older Americans Month and we
challenge YOU to Get into the Act!**

