

THE MIGHTY OAK

June 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

Be Prepared for National Safety Month June, 2015

National Safety Month is observed annually in June to raise awareness of what it takes to stay safe. We all try to be safe in our daily activities, while driving, traveling, and during emergencies. Creating an emergency kit is a good start to being better prepared. When disaster strikes, there's comfort in knowing you are prepared to handle it. Every home should have a supply kit ready in case of an emergency. Kits should be stored in plastic containers to

avoid damage, and updated every six months to make sure items still work and food is not expired. Don't wait for something to happen; protect your family by stocking up your kit:

- Water (one gallon per person, per day, for at least 3 days)
- Enough nonperishable food (for at least three days) and a can opener. It's best to keep protein-packed foods you can cook without electricity, such as tuna, nut butter or granola bars, and have appropriate food for everyone in your family, including infants and pets.
- Hand crank radio or battery powered radio with extra batteries – to stay up-to-date on the latest weather alerts
- Flashlight with extra batteries to get around safely should the power go out
- First aid kit with the basics like gauze, tape, & an emergency reference material, such as NSC First Aid quick guide
- Toolkit with scissors and basic tools in case you need to shut off utilities etc.
- Hand sanitizer, moist towelettes and garbage bags for sanitation
- Plastic sheeting and duct tape – in case a window breaks or you get a leak in your roof
- Whistle to signal for help in case you get stuck and rescuers need to locate you

Don't forget about your car. You can plan ahead, including creating an emergency kit for your car. Here are some basics to consider:

- A properly inflated spare tire, wheel wrench and tripod-type jack
- Jumper cables
- Toolkit
- Working flashlight and extra batteries
- Reflective triangles and brightly-colored cloth to place around your vehicle to make it visible
- First aid kit
- Non-perishable, high-energy foods like unsalted nuts, dried fruits and hard candy
- Drinking water
- Family/ emergency number contact sheet that includes numbers for your auto insurance and a towing company
- Car charger for your cell phone
- Additional items, like windshield washer fluid, warm clothing and blankets would be needed during the colder months

Let's all work together to be better prepared and prevent injuries by participating in national safety month during the month of June.
Source: www.nsc.org



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Thoughts from Executive Director Rachelle Dardeau

by Rachelle Dardeau, MS, MSW

The SCV Senior Center welcomes summer to the Santa Clarita Valley by celebrating National Safety Month, Touch-A-Truck, and Father's Day.

National Safety Month is celebrated annually in June to focus on reducing leading causes of injury and death at work, on the road and in our homes and communities. Summer months can be extremely hot in Santa Clarita. Summer safety tips include:

- Wear appropriate clothing, including a wide-brimmed hat when outside.
- Take frequent water breaks. Seniors dehydrate easily, so drink lots of water.
- Apply sunscreen with an SPF of at least 15.
- NEVER leave a pet or a person unattended in a vehicle.

What child doesn't want to climb aboard a fire engine and ring the bell? The third annual SCV Senior Center Touch-A-Truck event is Saturday, June 20, 9:00 a.m. to 2:00 p.m. at Central Park on Bouquet Canyon Road. Admission is a family-friendly \$5 per person, with fathers who accompany their children admitted free in honor of the Fathers' Day weekend. All net proceeds from this event benefit programs and services of the SCV Senior Center. Last year's Touch-A-Truck was a wonderful event. Join us this year and make Touch-A-Truck an annual tradition for your family!

To all men who have assumed the role of a father, Happy Father's Day. The choice to love a child is such an awesome responsibility. My very best wishes to you.

Senior Center Scholar Series

DeMystifying the English Language

An Interactive and Lively Lecture with John Swinford

Thursday, June 11

1:00 - 2:00 p.m.

Rooms A-1 & A-2

Diction? Grammar? Rhetoric? Usage? There was a reason your eyes glazed over during English class! If you enjoy learning why we speak English as we do, but are occasionally baffled, please join us for an overview of contemporary English style and usage.

Bring your questions!

Presenter John Swinford is a former high-school and college English instructor and has served on the California State Language-Arts Curriculum Alignment Project.



Senior Cinema

Will be discontinued.
Thank you for your
previous support of the
Senior Cinema!



Contributing Writers:

Linda Alexander-Lieblang
Robin Clough
Rachelle Dardeau
Lisa Hilton
Jane McNamara
Rita Roth
Kay Waggoner

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Tel: 661-259-9444

FAX: 661-255-5195

For Advertising Information Contact:

Linda Alexander-Lieblang
Associate Executive Director
llieblang@scv-seniorcenter.org
661-259-9444

www.scv-seniorcenter.org

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Tel: 661-294-4444 • FAX: 661-294-4442

email: linda@santaclaritamagazine.com



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Give the SCV Senior Center a Hand – Be a volunteer!

Seeking volunteers to help pack lunches for homebound seniors, anytime between 6 a.m. and 10:30 a.m. Your time and talent can make a difference in the life of a senior. Contact Robin at 661-259-9444.

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.
- **Wii Games** – Tues. & Thurs., 1 p.m. to 3 p.m., Room A6

Thanks, Henry Mayo.



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Summers of My Childhood

by Kay Waggoner

I was raised in a small town called Sunland, Ca. My parents moved there when I was a year old. Down the street from our house was Sunland Park.

I remember the old public swimming pool that was located behind Sunland Park. The pool was huge and oval shaped. Around the edges of the pool it was shallow and as you went toward the middle of the pool, it got deeper. There was a diving platform in the very middle of the pool. My older brother Ron and I would go to that pool every day during the summer. It only cost a quarter to swim all day as long as we had our hand stamped so we could come back after we had lunch at home. Sometimes our mom would give us some money to go by the local mom and pop store where we would buy a bag of Fritos and 8 oz. bottles of Coca Cola.

There was also a small amusement park near the pool. It had a penny arcade, a carousel, and a little roller coaster. I remember my mom would take us down there when my dad was busy working at his second job at the Richfield Gas Station in town.

On July 4, there would be a parade down Foothill Boulevard and they would shoot off fireworks in Sunland Park. The annual fireworks stopped when a bunch of the fireworks blew up on the ground.

We would play outside with our neighborhood friends on warm summer evenings. Riding our bicycles or playing stick ball. We had to head for home when we saw the street lights come on.

Those were some of the best days of my life.

Home Safety

by Lisa Hilton, Coordinator Handyworker Program

In observance of National Safety month, the Santa Clarita Valley Senior Center would like to share some simple tips to reduce your risk of falls and make your home a safer place. Below is a guide containing some tips from WebMD.

1. Safety First - Smoke alarms on every floor and outside every bedroom are absolutely necessary. Check the batteries in the alarms regularly. Install a carbon monoxide detector that sounds an alarm. Place a fire extinguisher in the kitchen.

Keep home well lit - especially areas like stairways, porches, and outside walkways. Work out an emergency escape plan in case of fire, earthquake, or any other emergency.

Make sure there are clear fire-escape routes.

2. Removing Hazards Around The Home

Remove raised doorway thresholds.

Remove throw rugs and clutter.

Repair loose carpet or raised areas of flooring.

Move furniture and electrical cords out of walking pathways.

Use nightlights in hallways and bathrooms.

Add sturdy handrails to stairways.

3. Making Bathrooms Safer

Install grab bars in bathrooms.

Install raised toilets to assist with mobility issues.

Place nonskid mats inside and outside your shower or tub and near the toilet and sinks.

Use shower chairs and bath benches.

Many changes are easy to make and inexpensive. Changes can be simple, such as removing rugs or relocating furniture. More complicated home modifications may require the help of a professional. (Source: www.webmd.com/healthy-aging/making-your-home-fall-proof)

The SCV Senior Center Handyworker Program can provide free minor home repairs and safety modifications to income qualified homeowners to help make your home safer and more habitable for you through the Community Development Block Grant Program. You may qualify for items such as 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. You do not need to be a senior to apply, but the combined income of your household must meet the HUD guidelines for low to moderate income. For more information, please call Lisa Hilton, Handyworker Program Coordinator, at (661) 259-9444 ext. 133.

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Volunteer Spotlight

Shahla Americ

by Robin Clough, Volunteer & Recreation Coordinator

Happiness and true friendship surround Shahla Americ when she volunteers for the SCV Senior Center Adult Day Program. She engages each participant, truly enhancing their quality of life. "I sit next to them, I listen, I make eye contact, chat, and I am rewarded with their smiles. Nothing compares to that good feeling," she shares emotionally.



Shahla has a graduate degree in Business Administration. She previously taught at Monterey's Department of Defense and also worked as a retail manager. She raised her son with strong values of respect and helping others which resulted in his decision to become a fire fighter and paramedic. Her neighbor, Louise Cobb, participates in the SCV Senior Center's fitness program and knew Shahla's compassionate, positive nature would make her the ideal volunteer in Adult Day Program.

Stehanie Godinez, Adult Day Program Director, praises Shahla saying, that "she is thoughtful and kind with a wonderful sense of humor. She is very attentive and in tune with the participants."

Shahla extends her love of family to those who come to the SCV Senior Center. She feels fortunate to work alongside the staff, and loves how volunteering makes her feel as if she is helping her own parents. "If everyone can do this, what a great world it would be," she says. The SCV Senior Center is grateful to Shahla Americ for making our Adult Day Program a world of joy by enhancing the quality of life of seniors.

Tai Chi Balance

Improve balance, strength, and posture!

Fridays, 2:00 – 2:50 p.m.

Senior Center Multipurpose Room

\$5 per class or \$15/month



Tai Chi Balance integrates physical therapy practices and tai chi principles to replace weak dysfunctional movements with strong functional movements. Participation in the class may reduce the risk of falls, increase confidence, and strengthen muscles which stabilize the joints.

This class is perfect as a preventive or for those individuals with Parkinson's disease, balance problems or anyone using an assistive walking device.

Instructor Sarah Lowman is a certified Tai Chi for Health instructor and Arthritis Foundation instructor. She has trained for 20 years with Grand Master Kai-ying Tung.

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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.
Lift family burden by sharing responsibilities, providing transportation and giving respite.
Include furry, fishy and feathered friends as family, too.

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BBB Rating: A+
as of 4/15/2014
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Health Education & Wellness Schedule at the SCV Senior Center

June 2015

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

Wednesday June 3, 1 p.m.

National Safety Month - to be determined

Wednesday June 10, 1 p.m.

Henry Mayo Newhall Hospital – to be determined

Wednesday June 17, 1 p.m.

"Ageless Living", Mardi Arnold, Educator, Health, Mindset and Nutrition, FYI – Forever Youthful Image

Wednesday, June 24, 1 p.m.

Fall Prevention with 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: June 10 11a.m. – 12p.m.

Diabetes Screening: June 17 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

SCV Senior Center

SANTA CLARITA VALLEY COMMITTEE ON AGING

COMPUTER CLASSES



-Instructor Gail Eisenberg-

- **Computer 1** – Designed for the student who has NO computer experience. Computers will be supplied if needed; you may bring your laptop.
- **Computer 2** – Designed for students who want to learn how to organize their computer data in folders. Learn how to edit text, how to cut, copy and paste and more.
- **Internet & Email** – Class is designed to teach the new computer user how to email and how to use the internet successfully.
- **Word or Excel** – For students wishing to return to work or who need Word or Excel to volunteer. It's also designed for seniors who want to expand their practical knowledge of computers.
- **Digital Camera** – Class will focus on how to use your digital camera and how to transfer pictures from your camera to computer. Also learn how to edit your photos using a free program called "Picasa".
- **iPhone & iPad** – This class will help seniors better understand their iPhone and iPad. The class welcomes questions.
- **Ancestry on Line** – Use Ancestry.com (which is a purchase for the student) to discover your own genealogy. A fun romp to your families past and connecting it to the present.
- **Ask It Basket** – This class is designed for the student who is using their computer and has questions. All questions are important and valuable for everyone in the class.

Contact the SCV Senior Center for more information and to sign up.

Tuition is \$50.00 for a 6 week course

Is Your Pet Ready for A Disaster?

The likelihood that you and your animals will be resilient through emergencies such as a fire, earthquakes, severe weather or flooding, depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.



Emergency supplies for household pets:

1. Food (your pet's regular food)
2. Water
3. Leash and collar
4. Bowl(s)
5. Photo of your pet/ID and a photo of you with your pet
6. Medications your pet needs
7. Immunization/vet records (keep both updated)
8. Pet carrier
9. First Aid Kit
10. Plastic bags for sanitation

Source:

www.santa-clarita.com/emergency,
www.animalcare.lacounty.gov, www.humanesociety.org



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**RSVP to Robin: 661-259-9444 or
rclough@scv-seniorcenter.org**



Nola Aronson

Treating Hearing Loss Can Help Alleviate Stress

The intensive listening effort caused by untreated hearing loss can be stressful. Experts believe that even if you have a mild hearing loss that is not being treated, cognitive load increases significantly.

Research shows that when left unaddressed, hearing loss is associated with other physical, mental and emotional health issues that diminish quality of life. Withdrawal from social situations, a lessened ability to cope, and reduced overall psychological health are just some of the conditions associated with unaddressed hearing loss. Often, people with untreated hearing loss feel angry, frustrated, anxious, isolated, and depressed.

A 2014 study showed that hearing loss is associated with an increased risk of depression in adults of all ages. Another study looked at working adults, 35 to 55 years old, with untreated mild to moderate age-related hearing loss and found that they were more prone to depression and interpersonal sensitivity than those without hearing problems.

The good news is that hearing aids can help the majority of people with hearing loss. Research shows that most people with

hearing loss who use hearing aids improve their ability to communicate effectively.

When individuals with hearing loss use hearing aids, their depressive symptoms are often reduced. The majority of hearing aid users say they're satisfied with the changes that have occurred in their lives and they feel better about themselves as a result of their hearing aids.

Getting a hearing test and using professionally fitted hearing aids are important ways individuals with hearing loss can ease the stress associated with intensive listening and safeguard their mental health and quality of life. To have your hearing tested, contact an audiologist at Advanced Audiology.

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

Braille Mobile Solutions Van

Is scheduled to be at the SCV Senior Center on Thursday, June 11th from 10:00am to 2:00pm.

Around the World in 80 Minutes

Silvertone Singers & Musicians Concert
Thursday, June 18 - 3:00 - 4:30 p.m.

SCV Senior Center Multipurpose Room Donations accepted

Enjoy a whole spectrum of favorite international tunes including songs from or about Europe, Africa, the Islands, the Far East, plus many more performed by the SCV Senior Center Silvertone Singers and Musicians under the direction of John Swinford. No passport required!
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Dementia and Psychotic Behavior in the Elderly

by Jane M. McNamara, Elder Law Attorney

Our clients are typically elderly, and suffer from Alzheimer's disease or other types of dementia. The world involving dementia care, benefits to help pay for that care, advocacy, and asset protection is very complicated. Our Law Firm guides the client and their family through this complicated maze, with impressive results.

I am amazed by how many of our clients exhibit sudden psychotic dementia-related behaviors. Polite, soft-spoken individuals turn into violent men and women. Elderly women kick, bite, and hit. They accuse their adult children of stealing, and their spouses of having affairs. We see elderly men become aggressive, and suffer fall injuries as they lose their balance throwing punches at others. The client's family members are horrified, and do not know the options or how to make the necessary decisions given mom or dad's new sudden behaviors.

Statistics show that more than 70 percent of patients with Alzheimer's Disease experience psychotic symptoms during the course of their illness. Delusions and paranoia are the most common psychotic symptom. Hospital psychiatric "holds" are becoming more frequent. Skilled nursing facilities specializing in psychotic behaviors are available, but can be depressing, and not where we want our loved-one to be. Moreover, the cost exceeds

Continued on page 11

How Will You Care For Your Aging Loved One?

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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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Pala Casino & Resort

Tuesday, July 28, 2015

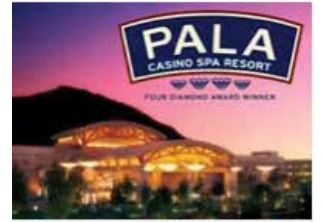
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Departs 9:00 am &

Returns approx. 6:30 pm

With state of the art slot & video machines, 87 table games, a 13-table poker room, 10 great restaurants and 2 lounges with live entertainment, there is something for everyone! 60+ Club members will receive a 30% discount on Buffet every Tuesday with FREE entertainment at Infinity. All shows start at 1:00 pm. and a chance to win \$300 after the show. Must be present to win!



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!



Mission San Juan Capistrano

Tuesday, August 11, 2015

Price \$49 - Lunch on own

No refunds after July 10th

Departs 8:00 am &

Returns approx. 7:00 pm

Stroll down beautiful downtown San Juan Capistrano and lunch on your own. Then, meet at 1:15 pm at the Mission for the tour at 1:30 pm. Founded in 1775, it was the 7th of 21 Missions to be founded in Alta, CA. Serra Chapel is the oldest operating church in California. The tour will cover 10 acres of museum rooms, exhibits, gardens, fountains & more!



Farmer's Market at the Grove & La Brea Tar Pits

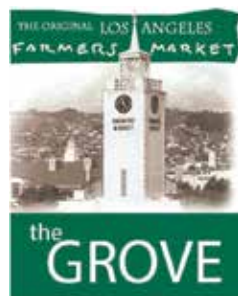
Wednesday, July 22, 2015

Price \$32

No refunds • Breakfast on your own

Departs 8:30 am & Returns approx. 5:30 pm

Have breakfast at the "original" Farmer's Market (try the famous crepes!). You have two hours to enjoy the shops at the Farmer's Market and the Grove. At 12:00 pm, hop on the bus to the La Brea Tar Pits where the world's most famous Ice Age. Fossil Excavation Site is located! There are over 1,000 Ice Age Fossils from over 650 species to see!



Santa Barbara's John Dunn Gourmet Dining & Chumash Casino

Friday, September 18th

Price \$59.00

Cancellations up to August 18th (No refunds after 8/18)

Departs 9:00 am & Returns approx. 9:00 pm

Savor the flavors of Santa Barbara's Culinary School. The banquet includes salad, entrée, beverage and dessert. Entrée choices: Salmon with Bearnaise sauce, Chicken Marsala (boneless chicken breast braised with Marsala and mushrooms), Beef Tenderloin (roasted beef tenderloin served with Shiitake and Portobello mushrooms, or Vegetarian. After your lovely lunch you're off to try your luck at the Chumash Casino & Resort!!!



Trips & Tours Reminders

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

Trip Interest List

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

FOR YOUR NEXT DAY OF FUN CALL...

661-259-9444 EXT. 111

Hours: 10:00am – 1:00pm

Monday – Friday

All ages welcome!

SCV Senior Center Volunteer, Cecil Bernstein, Honored by Board of Supervisors

by Robin Clough, SCV Senior Center Volunteer & Recreation Coordinator



SCV Senior Center volunteer, Cecil Bernstein, was honored by the Los Angeles County Board of Supervisors and the Los Angeles County Commission for Older Adults on June 22 at the Dorothy Chandler Pavilion. Cecil was selected to receive an award at the 50th Annual Older Americans Recognition Day Program for her extraordinary volunteerism and exemplifying the spirit of service.

The theme of this year's celebration is "Get into the Act," focusing on older adults who take charge, get engaged, and make a positive impact on the lives of others. Cecil Bernstein "gets into the act" playing a vital and proactive role in the SCV Senior Center's mission of promoting quality of life for seniors. She has volunteered over 1,200 hours annually for the last eight years for an astounding total of nearly 10,000 hours!

Cecil is invaluable in multiple departments throughout the SCV Senior Center. Cecil is usually one of the first faces welcoming fellow seniors and visitors each day. She greets each guest with a smile and offers assistance to anyone who needs it. Cecil is instrumental in overseeing new client membership and educating newcomers on the numerous activities and resources available to them as the SCV Senior Center. In the administrative department she sorts and calculates money received as well as completing statistics for over 300 volunteers. Cecil also serves as cashier coordinator for her meal service team of 15 volunteers, ensuring that 200 daily lunch guests are signed in expeditiously and according to center policy.

Cecil Bernstein is a favorite among staff, fellow volunteers, and guests. Her extraordinary contributions exemplify the spirit of volunteerism, and the SCV Senior Center applauds and commends her for her service and receiving this well-deserved award.



Ode to a Leek

by Rita Roth

For those who are kind enough to read my columns, you probably know that I enjoy making soup. Give me some meat bones and vegetables and a packet of lentils or split peas and I am guaranteed to turn them into a big pot of you know what. Some time ago I found a recipe for French onion soup. It sounded interesting and I thought it would be nice to invite some friends for lunch and offer them some crusty French bread, and big bowls of soup topped with some kind of cheese. Since onions are something that I use, almost on a daily basis in my culinary endeavors, I foolishly neglected to check and make sure that my onion container did in fact contain onions, as you probably have guessed it did not. I was onion-less. My company was scheduled to arrive just as the soup was ready to be served, tasty and piping hot but I had no time to run to the store. What to do? Upon searching through my vegetable keeper I found two bunches of leaks. Could they be used in place of onions?

My dilemma prompted me to write the following poem:

*A lovely veggie is the leek, ill of it I cannot speak.
In potato soup there's nothing finer.
I use it in meals that are from China.
I also use it with Italian. I think it's related to the scallion.
But there's information that I seek, regarding
my old friend the leek.
I need the answer very soon; in fact I need it before noon.
For lunch I planned French onion soup, for friends
who are coming in a group.
The pity is of leaks I've plenty but my onion
container is quite empty.
I thought I had very many, but truth be told I haven't any.
So here's my query, can you be helpful?
Please don't answer if you're doubtful.
You may have already guessed my question; perhaps
you are ready to make a suggestion.
Could leaks take over the onion spot?
Do you think they could or could they not?
Oh never mind, here's the scoop.
I'll just call it French leek soup.*

In case you are wondering, can leeks replace onions in French onion soup? In my opinion, they cannot.



Succulent Gardening

Saturday, June 13 • 8:30 – 11:30 a.m.

*Sponsored by the wonderful people of the
LDS Youth Conference*

Let's work together to make our interior patio look amazing!

RSVP to Robin: 661-259-9444 or rclough@scv-seniorcenter.org



Father's Day Celebration

Friday, June 19

Music, Trivia, & Root Beer Floats served during lunch from 11:30am – 1:00pm

Dementia continued from page 8

\$8,000 per month, and is not covered by insurance.

Antipsychotic medications and proper care is often needed for the senior. However, many adult children find it difficult to get the right help and correct combination and dosages of medications. The primary doctor is often unfamiliar with advanced dementia with psychotic symptoms, and unable to properly diagnose and treat patients in short office-visit time allotments. The doctor may mean well, but lacks the necessary knowledge in this very specialized area. Obtaining proper medications, treatment, and proper care/facilities pose challenges for the family.

It is a difficult and heartbreaking road for the family of an Alzheimer's patient. Psychotic behaviors make that difficult road unbearable to navigate. However, we have no choice, as there is no turning back on this road. Alzheimer's is a one-way dead end street. And, it is affecting our seniors at an alarming rate. Having correct information, knowing the options, protecting the assets, and making wise choices make the road a bit smoother, and helps the family tremendously.

For an appointment, please call the McNamara Law Firm, PC, at 661-287-3260. Websites: www.themcnamaralawfirm.com and www.VAbenefits4seniors.com.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Normandy Stew w/Apples	2 Russian Chicken in a Sweet and Savory Sauce	3 Penne Pasta Marinara with Meatballs	4 Chicken Enchiladas	5 Fish and Chips
8 Penne Pasta with Grilled Chicken & Stir-Fry Vegetables	9 Roast Loin of Pork and Gravy	10 Mediterranean Salad w/Chicken Kidney, Garbanzo & Green Beans, Feta Cheese tossed in European Dressing	11 Sweet & Sour Pork	12 Pescado Veracruz
15 Pork Stew	16 Penne Pasta with Chicken Parmigianino	17 Chili Egg Puff	18 Cuban Chicken	19 Fish and Chips
22 Jambalaya	23 Indian Meat Stew	24 Choice Day A) Cumin Herb Chicken or B) Oven Roasted Fish	25 BBQ Pulled Pork Sandwich	26 Salade Nicoise with Tuna & Beans
29 Penne Pasta with Ground Meat and Sauce	30 Choice Day A) Oven Baked Fish or B) Chicken Curry	Choice Day is for Congregate Sites only. HDM Recipients will receive Option A.		

Note: Menu is subject to change without notice.

Menu for June 2015



SCV Senior Center 2015
"Dancing With Our Stars"
Homayoun Daryani

Persian Food & Belly Dancing at the SCV Senior Center

Friday, June 5, 2015

5:00 – 8:00pm

\$5.00 Senior Admission

\$10.00 General Admission

5:00pm

Appetizers

Hummus

Olvieh (Persian Potato Salad)

Mastokhiar (Yogurt Cucumber Dip)

6:00pm

Dinner

Beef & Chicken Kabobs, Two kinds of Rice, Grilled Vegetables & Green Salad

7:00pm

Performance

2015 Universe Dancer Jasmin

Saturday, June 20

9:00 a.m. – 2:00 p.m.

at Central Park

27150 Bouquet Canyon Road,
Santa Clarita, CA 91350

"Come and enjoy a family friendly day that
will give children young & old a chance to
explore all kinds of amazing vehicles."

Mayor, Marsha McLean
Event Chair



\$5 per person
Dads accompanied by
a child get in FREE!

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

- Police Cars
- Fire Trucks
- Ambulances
- Dump Trucks



- Construction Rigs
- Military Vehicles
- And Many More!



All net proceeds go directly toward supporting the programs and services of the SCV Senior Center including hot nutritious lunches and home-delivered meals, wellness programs, lifelong learning classes, fitness and exercise, volunteer opportunities, and more to enhance the independence, dignity, & quality of life for seniors.

Interested in being a sponsor, vendor or vehicle exhibitor?
Contact Jennifer at (661) 259-9444 Ext. 144 or Jdehaven@scv-seniorcenter.org

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dedicated to promoting quality of life for seniors. Tax ID# 95-3081997

Neither sponsored nor endorsed by the school or the district.

