

THE MIGHTY OAK

July 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

Independence Day 2015

by Linda Alexander-Lieblang, Associate Executive Director & Robin Clough, Volunteer & Recreation Coordinator

Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776. Independence Day is the National Day of the United States.

Independence Day is such an important day to our nation. It is commonly associated with fireworks, parades, barbecues, picnics, political speeches and ceremonies.

The 2015 Independence Day Parade Theme is Santa Clarita:

Living the American Dream. The American Dream exists because of our World War II Veterans and the seniors on whose shoulders we stand. Santa Clarita seniors still live the American Dream because of the many resources provided by the SCV Senior Center, which embraces diversity and American Dream values. On board the SCV Senior Center's float is the volunteer Dream Team who came to America from all parts of the globe, including new citizen Art Reyes and Senior of the Year, Cecil Bernstein, who contributed over 10,000 volunteer hours.

An exact replica of Heritage Junction's Kingsbury House is



displayed on the banner complete with white picket fence – a true symbol of the American Dream.

Many thanks to Wayne Burns, Linda Pippin, and Kathy Corey for creating the extraordinary float decorations; Richie and Dolly Pauley of TC Carriage for the vintage wagon and Pat Kouri for the John Deere tractor; Doris Sipotz for choreography; and Bob Comer Print Sales for donating the shirt printing.

In celebration of our Independence we invite you to join us and cheer for your SCV Senior Center float at the Santa Clarita 4th of July Parade! So be on the lookout on Saturday, July 4th for the SCV Senior Center American Dream Team as the parade starts at 9:00 a.m. at 5th Street & Main Street (Hart Park) and ends on 16th Street. See you there in your red, white, and blue!

What's Inside?

Classes at The Center 3

Health & Wellness Schedule...5

Trips & Tours.....9

July Menu.....11



Thoughts from Executive Director Rachelle Dardeau

by Rachelle Dardeau, MS, MSW

July is the beginning of a new fiscal year for the SCV Senior Center. As we do every July, we ask all of our guests to complete a new intake/registration form and get a new SCV Senior Center card. Annual intake forms are a requirement of many of the contracts that support the programs of the SCV Senior Center. Please see our volunteer Cecil in the lobby, our receptionist Diane, or the receptionist in the Supportive Services Department for a new form. Cecil will be happy to assist you if you have any questions about the form.

I'm happy to report that we had another very successful event that raised needed funds for the SCV Senior Center. On Father's Day weekend, we hosted our 3rd Annual SCV Senior Center Touch-A-Truck at Central Park. My deepest gratitude to all the members of the Touch-A-Truck organizing committee for their tireless work in making this event a success. Special Thank You to our event chair, Mayor Marsha McLean, our many sponsors, and volunteer event coordinator Jennifer Hernandez. We are deeply grateful for your dedication to this event!

As many of you know, the City of Santa Clarita Planning Commission approved the development plans for a new SCV Senior Center, sending the plans to the City Council for approval. The City Council will vote on the issue at the Tuesday, July 14 City Council meeting, 6:00 PM, in the Council Chambers at City Hall. Please join us at the meeting to show your support for the project and gratitude to the City of Santa Clarita for their support.

Regarding a new SCV Senior Center, we will be hosting a series of meetings to discuss the plans for the new center. Be on the lookout for flyers with the dates and times of the meetings. We want to hear your thoughts, suggestions, and ideas for our future!

This month's Mighty Oak highlights many July celebrations; enjoy! Look for the SCV Senior Center float in the City of Santa Clarita's Independence Day parade on Saturday, July 4, beginning in Old Town Newhall at 9 a.m.



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Thanks, Henry Mayo.



henrymayo.com/stories

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** – Thurs., 12 p.m. – 2 p.m., Flying Tiger Senior Apartments
- **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, 4:15 to 5 p.m., Dining Room
- **Restorative & Gentle Yoga** – Thurs., 9:30 a.m. – 10:30 a.m., Dining Room
- **Sit & Be Fit Chair Exercise** – Mon., Wed., Fri., 9:45 a.m. to 10:15 a.m., Dining Room
- **Tai Chi Balance** – Fri., 2 p.m. – 2:50 p.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

Senior Center Scholar Series Eleanor Roosevelt

A historical reenactment presented by Louise Willard. Louise is a member of the American Association of University Women. She brings notable women in history to life.



Thursday, July 30
1:00 - 2:00 p.m.
Rooms A-1 & A-2

Eleanor Roosevelt was called “the President’s eyes, ears and legs” and provided objective information to her husband. The public was drawn in by the First Lady’s exploits and adventures. She became an advocate of the rights and needs of the poor, of minorities, and of the disadvantaged.

After President Roosevelt’s death, she was appointed to the United Nations General Assembly. Eleanor Roosevelt served as chair of the Human Rights Commission and worked tirelessly to draft the Universal Declaration of Human Rights.

Adult Day Program

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- Lunch & snacks
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SCV Senior Center

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Costly Mistakes Made by Family Members

by Jane M. McNamara, Elder Rights Attorney



When a person has Alzheimer's disease, dementia, or another illness that affects mental function, a well-thought out plan for the future should be created and implemented by the family. This plan should include the input of an Elder Law Attorney, and perhaps a CPA and financial planner, depending on the assets involved. The plan should address issues related to long-term care (there will come a time when care cannot be provided in the home), monetary benefits to help pay for that expensive care, and asset management/protection. Medical insurance should be reviewed, because all Medicare supplements and Medicare Advantage plans are not equal. This can make a critical difference in the quality of care as the disease progresses. Legal documents should be created or reviewed so that proper actions may be taken when disease takes its toll, and the senior loses capacity. Further, the family should be informed about what to expect, and what the options are.

Unfortunately, well-meaning family members often make very serious mistakes when they act "in a vacuum" and do not consult professionals before taking action. They obtain poorly drafted and inappropriate legal documents from the Internet, and

Continued on facing page

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.

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



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The Secret to a Long Fitness Relationship

by Robin Clough, Volunteer & Recreation Coordinator

Active aging works! Linda Bennett's popular Senior Center fitness classes are fun, safe, and proven effective. Student Bess Barber's long-time dedication to the classes is evidence that they are worth the time and effort.

Bess joined Linda Bennett's classes in 1983, was still working, and even had a broken arm. She would swim with her arm raised in the aqua class because nothing was going to hinder her efforts for good health. Linda lauds her commitment saying that, "Nothing stops Bess! She knows the importance of exercise, and has stayed consistent all these years. New studies have shown physical activity has wide-ranging benefits from improving risk factors to reducing disabilities. There is a long list of benefits; strong bones, heart and lungs, reduced BMI, better balance, quicker reaction time, and agility, just to name a few. No matter how busy Bess is, she makes time to exercise, and keeps a positive outlook on life, and a good sense of humor."

Bess is now 85 and has encountered physical challenges. Her "no excuses" attitude makes an impact on her improved health. Linda advises that, "as we get older it is more important than ever



to stay active. Keep moving to stay strong, vital, and independent, bikini ready was not on the top of the list anymore...it's what's happening on the inside that truly counts."

What's the secret to a long fitness relationship? Both Linda and Bess agree that the main ingredient is fun. "There is a new theme every week: Latin, Disco, Broadway Hits, Oldies, Classical, The Beatles, It's always a surprise. Learn what Bess already knows, this is how you stay young." Bess confides that, "these classes have meant everything to me."

Linda Bennett teaches Fitness (Monday, Wednesday, Friday, 8:30 – 9:30 a.m.), Chair Sit And Be Fit Exercise (Monday, Wednesday, Friday, 9:45 – 10:15 a.m.), and Fine Motor Skills Exercise (Wednesdays 10:15 - 10:30 a.m.).

Continued from facing page

attempt to become the Agent under the ill senior's Durable Power of Attorney. The family member makes very serious mistakes such as selling the family home, cashing out IRA's and annuities, and transferring assets illegally or inappropriately. Their misinformed actions cloud title on the home, cause a loss of important government benefits, cause large tax liabilities to the ill person as well as to the heirs, as well as other serious problems.

These family members typically believe they are acting in the senior's best interest. They claim they have relied on a neighbor's advice, a hospital worker's advice, or internet blogs. The non-professional advice given is simply wrong, and causes great harm. Families who are dealing with Alzheimer's disease or other cognitive impairment illnesses should realize that this area is extremely complex, government regulation intensive, and critically important to the health and well being of the senior, as well as the senior's family.

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



Health Education & Wellness Schedule at the SCV Senior Center

July 2015

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

Wednesday July 8, 1 p.m. Topic to be determined
Alissa Myatt, LCSW, Lead Case Manager, Social Services Department, Henry Mayo Newhall Hospital

Wednesday July 15, 1 p.m. "Changes to Medicare and Medical – Know Your Options" – Presented by a representative from the Center for Health Care Rights.

Wednesday July 22, 1 p.m. "Don't Be A Victim – What you need to know to keep yourself safe", Deputy Dan Dantice, Crime Prevention Unit, Santa Clarita Sheriff's Station.

Wednesday, July 29, 1 p.m. "Tinnitus – What is That Ringing in My Ears?" Randall Bartlett, M.A., Audiologist, Clinical Director of Tinnitus & Audiology Center.

Health Screenings

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

Hearing Screenings: July 29 1 p.m. – 2p.m. "Tinnitus"

Diabetes Screening: To be determined

Brain Wellness/Memory Screenings: July 1st 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



Volunteer Spotlight - Hertha Lee

by Robin Clough, Volunteer & Recreation Coordinator



Born and raised in Hawaii, volunteer Hertha Lee brings the "aloha spirit" to the SCV Senior Center. Her smile and positivity brighten the lives of our kupuna seniors like a fragrant tropical breeze. Transportation Director, Robert Galarza says, "Hertha is always cheerful and has a genuine heart. She cares deeply for the Home-Delivered Meal recipients." SuzAnn Nelsen, Director of Support Services, concurs stating "She is a generous and genuinely caring person!"

The day after retirement in 2010, Hertha visited the SCV Senior Center to inquire about volunteer opportunities. She was immediately recruited to deliver meals to the homebound and hasn't stopped helping since. Recently she volunteered at a free Vaccination Clinic focused on seniors and their pets. It was the first time the SCV Senior Center had hosted such an event, and with Hertha's assistance it went very smoothly. SuzAnn Nelsen states, "It was evident that she cares deeply for animals as well as people. We are fortunate to have a person like Hertha as a volunteer."

Hertha says she "enjoys meeting seniors and commits to spending extra time with those who are lonely. I love the people and take that extra step to make sure they have quality of life." The SCV Senior Center is grateful to Hertha Lee for her compassionate volunteerism.



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

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National Space Exploration Day Celebration



On Monday, July 20, from 11:30am – 1:00pm we will be celebrating Space Exploration Day with out-of-this world decorations, music, space trivia, and "Asteroid Toss in Black Hole" game!

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



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

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SCV Senior Center

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- Locks installed
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- 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

Thank you to Enterprise!



Rachelle Dardeau, Executive Director of the SCV Senior Center accepted a \$1,500 check from Nory Kotrasa, Fleet Consultant with Enterprise Fleet Management.

Restorative & Gentle Yoga

Thursdays, Beginning July 2

9:30 – 10:30 a.m.

SCV Senior Center Multipurpose Room

\$5 per class or \$15 a month

Instructor Maiedell Rose is a certified Yoga instructor and is dedicated to helping others age gracefully.

Restorative yoga is a series of supported poses enabling the body to heal itself. Great for arthritis, stiffness, osteoporosis, all the organ systems benefit. Measurable results include reduction of blood pressure, serum triglycerides and blood sugar levels in the blood, the increase of the “good cholesterol” levels, as well as improvement in digestion, the reduction of muscle tension, insomnia and generalized fatigue.

Dress in loose clothing; please bring a mat or towel, a blanket or two, and a firm cushion or pillow. Chairs will be available for those who need them.



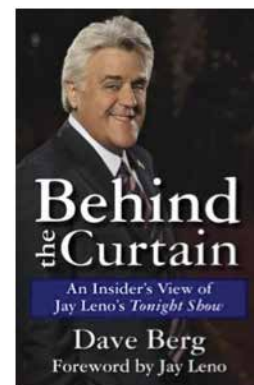
Behind the Curtain Author Presentation/Book Signing

An Insider's View of Jay Leno's Tonight Show By Dave Berg, Foreword by Jay Leno

Thursday, July 9

12:30 – 2:00 p.m.

Rooms A1 & A2



Don't miss this opportunity to hear the backstage stories of the Tonight Show as shared by Jay Leno's long-time co-producer, Dave Berg.

Dave was an eyewitness who tells what really happened during the show's most legendary moments: Arnold Schwarzenegger's surprise political announcement; Hugh Grant's mea culpa; football great Jason Sehorn's proposal to Angie Harmon; the inebriated “Cheers” cast's live show from Boston; Jerry Seinfeld's appearance with “surprise guest” John F. Kennedy Jr.; and Leno's 9/11 show, the finest of his career.

Dave has booked and worked with Hollywood stars, superstar athletes, presidents and other politicians; he also appeared in numerous comedy sketches. Leno has written the book's foreword, emphasizing Berg's unique contributions to the legendary program during Leno's two-decade tenure.

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The Sandwich Generation

Rising Financial Burdens for Middle-Aged Americans

by Kim Parker and Eileen Patten

With an aging population and a generation of young adults struggling to achieve financial independence, the burdens and responsibilities of middle-aged Americans are increasing. Nearly half (47%) of adults in their 40s and 50s have a parent age 65 or older and are either raising a young child or financially supporting a grown child (age 18 or older). And about one-in-seven middle-aged adults (15%) is providing financial support to both an aging parent and a child.

While the share of middle-aged adults living in the so-called sandwich generation has increased only marginally in recent years, the financial burdens associated with caring for multiple generations of family members are mounting. The increased pressure is coming primarily from grown children rather than aging parents.

According to a new nationwide Pew Research Center survey, roughly half (48%) of adults ages 40 to 59 have provided some financial support to at least one grown child in the past year, with 27% providing the primary support. These shares are up significantly from 2005.

By contrast, about one-in-five middle-aged adults (21%) have provided financial support to a parent age 65 or older in the past year, basically unchanged from 2005. The new survey was conducted Nov. 28-Dec. 5, 2012 among 2,511 adults nationwide.

Looking just at adults in their 40s and 50s who have at least one child age 18 or older, fully 73% have provided at least some financial help in the past year to at least one such child. Many are supporting children who are still in school, but a significant share say they are doing so for other reasons. By contrast, among adults that age who have a parent age 65 or older, just 32% provided financial help to a parent in the past year.

While middle-aged adults are devoting more resources to their grown children these days, the survey finds that the public places more value on support for aging parents than on support for grown children. Among all adults, 75% say adults have a responsibility to provide financial assistance to an elderly parent who is in need; only 52% say parents have a similar responsibility to support a grown child.

One likely explanation for the increase in the prevalence of parents providing financial assistance to grown children is that the Great Recession and sluggish recovery have taken a disproportionate toll on young adults. In 2010, the share of young adults who were employed was the lowest it had been since the government started collecting these data in 1948. Moreover, from 2007 to 2011 those young adults who were employed full time experienced a greater drop in average weekly earnings than any other age group.

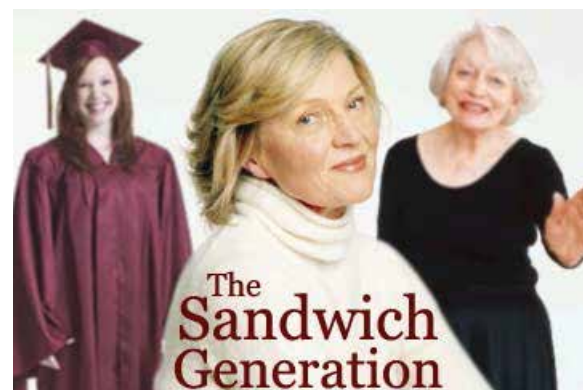
A Profile of the Sandwich Generation

Adults who are part of the sandwich generation—that is, those who have a living parent age 65 or older and are either raising a child under age 18 or supporting a grown child—are pulled in many directions. Not only do many provide care and financial support to their parents and their children, but nearly four-in-ten (38%) say both their grown children and their parents rely on them for emotional support.

Who is the sandwich generation? Its members are mostly middle-aged: 71% of this group is ages 40 to 59. An additional 19% are younger than 40 and 10% are age 60 or older. Men and women are equally likely to be members of the sandwich generation.

Presumably life in the sandwich generation could be a bit stressful. Having an aging parent while still raising or supporting one's own children presents certain challenges not faced by other adults—caregiving and financial and emotional support to name just a few. However, the survey suggests that adults in the sandwich generation are just as happy with their lives overall as are other adults.

Source: www.pewsocialtrends.org/2013/01/30/the-sandwich-generation/



July is National Sandwich Generation Month, an observance honoring a generation of people sandwiched between caring for their young children and aging parents at the same time.





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TRIPS & TOURS

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

Wednesday, July 22, 2015

Price \$32.00

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!



Getty Villa, Malibu

Tuesday, August 19, 2015

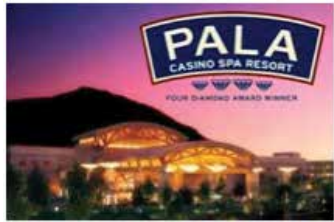
Price: \$41.00

Lunch included • No Refunds!
Departs 9:30am

Returns approx. 4.30 pm
Be transported to the times of the ancient Romans as you stroll the beautiful gardens



amongst the many bronze sculptures, fountains and lush plantings of trees, herbs and flowers used by the Romans. The Getty Villa houses antiquities from the Greek, Roman, and Etruscan civilizations from 6,500 B.C to A.D. 400.



Pala Casino & Resort

Tuesday, July 28, 2015

Price: \$28.00

(No Refunds!)

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!

Santa Barbara's John Dunn Gourmet Dining & Chumash Casino

Friday, September 18, 2015

Price \$59.00

Cancellations up to August 18
(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!

Mission San Juan Capistrano

Tuesday, August 11, 2015

Price \$49.00 - Lunch on your 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 and more!



Coming Soon: Pechanga Casino



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...

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Hours: 10:00am – 1:00pm

Monday – Friday

All ages welcome!



Hope for Tinnitus Sufferers

by Nola Aronson

Although tinnitus afflicts millions of people in the U.S., the degree of loudness and the type of sound is particular to each person. Tinnitus' nagging buzzing, whistling, whining, or screeching noise in the head or ears varies in intensity and can be intermittent or constant.

Although exposure to loud noise may cause tinnitus, some cases have no apparent trigger.

A recent global research effort focused on examining how tinnitus develops determined that the neural network responsible is more expansive than previously thought. The findings could lead to a testable model that helps identify what region or regions of the brain might be responsible for causing tinnitus, and the often co-occurring hyperacusis, a condition that causes sounds to be perceived as intolerably loud.

In the meantime, existing treatments, such as sound therapy, acoustic stimulation, and hearing aids, have varied in reliability and effectiveness.

The notion of using hearing aids to combat tinnitus may seem odd. At face value, it would seem counterproductive to increase someone's hearing in order to defeat phantom noise, but research supports the idea. Prior studies have shown hearing aids can reinvigorate parts of the brain, so hearing aids might have a bigger part to play in relieving tinnitus than previously thought.

Not only do patients tend to notice tinnitus less when they are wearing hearing aids, but auditory stimulation might help correct instances where the brain overcompensates, which brings about tinnitus. Research suggests that replacing the false sound with real sound retrains the brain and brings relief.

For more information about tinnitus and the latest research, visit www.scvadvancedaudiology.com, and click on the "News" section, listed under "Hearing Resources." Nola Aronson's Advanced Audiology is located at 23822 Valencia Blvd., Suite 103 in Valencia.

Source: University of Buffalo, buffalo.edu/news



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Nola Aronson, M.A.
Owner



Ginny Veloz
Au.D.

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This is only a Test

by Rita Roth

I have recently adopted a new attitude when it comes to time spent in my kitchen. In the past I have been known to react very poorly if a new dish that I tried out turned out badly. I would look over my incredibly messy kitchen and mutter some very naughty words as I shoveled the food into the trashcan. I would also dwell on the expense of the thirty-two ingredients that went into the making of the dish, and the expenditure of time and energy that it cost. Okay, I admit that I exaggerate a little when it comes to the list of ingredients, but believe me when I say that some of the recipes that I endeavor to produce require a whole bunch of different items.

As to my new attitude, I have begun to look at my kitchen as a “TEST KITCHEN.” I no longer expect a recipe that I am trying for the first time to be perfect, if it’s even edible I am glad. After all, if I am just testing a new dish and I am not necessarily expecting that I will actually be able to eat it then I don’t become hysterical if the results are less than desirable.

I can’t tell you how much stress and pressure have been lifted with my new way of thinking. I find a new recipe that sounds interesting and go to the store to buy what I need, with the knowledge that I may be totally wasting my money. I do not like the idea of wasting money, however, I feel quite justified in accepting the possibility that this might happen. After all, I am conducting a test and therefore the results are not guaranteed.

Before I began my new and improved way of thinking, I was loath to try out many new dishes that seemed to be too complicated or expensive to produce. Now, however I just forge ahead, trashcan at the ready prepared for whatever may ensue.

Lately I have been on a soufflé bend. Having found myself with an excess of vegetables I have been mixing them with eggs, cream, cheeses and such to produce sometimes delicious, sometimes ghastly concoctions known as soufflés. When successful they are light and flavorful and a joy to the palate. When not successful they are a soggy mess of wilted veggies and clumps of un-melted cheese. But of course, I always have my trashcan nearby.

I think that perhaps I might apply my new philosophy to other areas of my life. I might try things that I have not tried before. Some of them I suppose I will like a lot, others maybe not at all. However, what do I have to lose? It is only a test.

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I COULD USE A LITTLE HELP”**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice Day is for Congregaegate Sites only. HDM Recipients will receive Option A.		1 Special 4th of July Celebration Menu!	2 Penne Marinara with meatballs	3 SCV Senior Center Closed in Observance of Independence Day!
6 Gosht Pulao (Indian Meat Stew)	7 Sweet & Sour Chicken	8 Pulled Pork Sandwich	9 Lemon Caper Chicken	10 <u>Choice Day</u> A) Pork Enchilada Casserole or B) Vegetarian Quiche
13 Mediterranean Chicken Salad	14 Braised Pork	15 Chicken Piccata with Lemon Caper Sauce	16 Chili Egg Puff <i>A Senior Center Favorite</i>	17 Pescado Veracruz (Fish filet topped w/ fresh diced tomato, capers, olives & herb sauce)
20 Penne Bolognese (Penne pasta topped with a meat sauce)	21 Salade Nicoise with Tuna (pronounced: Salaud Neeswa)	22 Roast Pork Loin with Gravy	23 Meatloaf with gravy	24 Balsamic Chicken <i>Now on our regular menu due to popular demand</i>
27 Roasted Cod Fish alla Puttanesca (cod fish topped with fresh tomato, potato, olives & basil sauce)	28 <u>Choice Day</u> A) Beef Liver and Onions or B) Beef Taco	29 Penne alla Canpagiola con Pollo (penne pasta in rustic garden vegetable sauce with chicken)	30 Pork & Beef Chili	31 Chicken Supreme (chicken slow cooked in a cream sauce)
<i>Note: Menu is subject to change without notice.</i>				
Menu for July 2015				

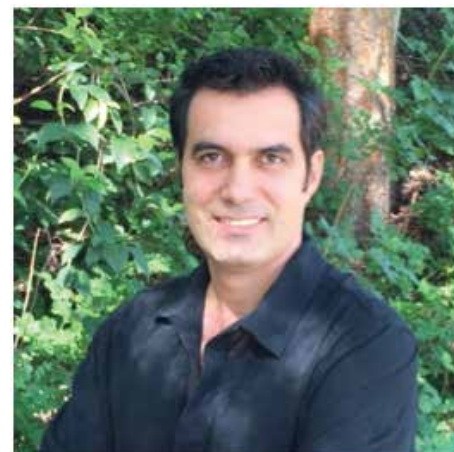


TOUCH-A-TRUCK

Proceeds will benefit the SCV Senior Center
A very special thank you to our sponsors



As a friend of the
SCV Senior Center
we are asking for your participation in
"Dancing With Our Stars"
Friday, August 28, 2015
Santa Clarita Performing Arts Center
@ College of the Canyons starting 6 pm



Homayoun Daryani will be dancing for the SCV Senior Center
Even if you can't attend the event there's an opportunity for you to be involved.

On the night of the event, the dancing duos will be judged and guests will have the opportunity to cast money votes using script. Vote by purchasing script for the dancer and the non-profit organization of your choice. For those who cannot attend, you can pledge money by proxy votes, prior to the event to support your dancing star. All money collected for the dancer by proxy and on the night of the event will benefit the non-profit organization they are representing.

At the end of the night, the script money, judges' votes and proxy votes will be added up and a winner will be determined. Second and third place dancing pairs will also win awards. Any money raised from the profit of the ticket sales and sponsorships will be divided amongst the 1st, 2nd and 3rd place winners.

Below you will find a proxy vote form, votes cost only \$25 each and the sky's the limit.

Buy as many votes as you want!

I would like to support the SCV Senior Center:

Your Name: _____ Phone: _____

Address: _____

I Would Like To Purchase Number of Votes _____ x \$25 each vote = *\$_____

***Please make proxy vote checks payable to the organization you are supporting.**

Please make checks payable to the SCV Senior Center and mail to:

22900 Market St, Santa Clarita, CA 91321 If you have questions call (661) 259-9444.