

# THE MIGHTY OAK

August 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE



by Linda Alexander-Lieblang, Associate Executive Director

In the United States about 11.8 million of all older persons not living in a skilled facility lived alone (8.4 million women, 3.5 million men). The amount living alone increases with advanced age. Women aged 75 and over, almost half (46 percent) lived alone (Source: A Profile of Older Americans: 2012 - Administration on Aging Administration for Community Living U.S. Department of Health and Human Services). As older people age the likelihood of living alone increases and when you live alone you need as many support systems as possible to continue to live alone independently.

Almost 90% of older individuals living alone express a keen desire to maintain their independence. Many do not want to be dependent on others and want to continue to live alone. To help older individuals maintain their independence, it is necessary to engage in regular physical activity and social interactions (Source: The Elderly Living Alone, Merck Manual). Attending the SCV Senior Center is a good start. Going to classes, meeting new people, and enjoying our Cordon Bleu chef prepared lunches are just some of the interesting things to do at the SCV Senior Center.

Many older people rely on friends and family to provide support when needed, however, if your friends and family are on vacation what is the back up support? Having some type of back up just in case it's needed to ensure safety and independence is a very good idea.

In honor of MedicAlert Awareness Month we would like to provide the information in order to educate individuals on one of the

options available as one piece of your support system.

For over 50 years, the MedicAlert foundation has continued to protect the health and well-being of millions of members' worldwide. They do this by ensuring you receive proper medical treatment and care during an emergency.

MedicAlert's trusted 24/7 emergency support network, offers peace of mind for both you and your loved ones. If unresponsive; your personalized engraved MedicAlert medical ID will work for you, immediately connecting first responders and medical personnel to your up-to-date medical information. Please go to [www.medicalert.org](http://www.medicalert.org) for more information.



More than a bracelet,  
it's a safety network.

[www.medicalert.org](http://www.medicalert.org)



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## Thoughts from Executive Director Rachelle Dardeau

by Rachelle Dardeau, MS, MSW

On July 14, 2015, the City Council approved the project that will allow the SCV Committee on Aging to move forward with building a new SCV Senior Center. Our deepest gratitude to Mayor Marsha McLean, Mayor Pro Tem, Bob Kellar, and Councilmembers Dante Acosta, TimBen Boydston, and Laurene Weste for voting in favor of this project. Thank you to Rick Doremus of Synergy and his partners for donating land to the SCV Committee on Aging to house the new center. Thank you also to the guests, friends, volunteers, and staff of the SCV Senior Center who attended the meeting to show their support for the project. We are excited and encouraged by the community support for the future of the SCV Senior Center.

The SCV Senior Center will hold a series of meetings to discuss plans and progress related to the new SCV Senior Center, and to get feedback and suggestions from the seniors of Santa Clarita regarding programs, services, and structural elements of the new building. Meetings are scheduled at the SCV Senior Center, 2:30, in rooms A1 & A2. More meetings will be scheduled as needed.

Day	Date	Time	Topic
Wednesday	August 19	2:30 – 4:00 PM	Current Site Plans and Development Progress
Friday	August 21	2:30 – 4:00 PM	Suggestions for the New Center
Wednesday	August 26	2:30 – 3:30 PM	Fundraising Suggestions for our Building Campaign

Dancing with Our Stars (DWOS) is a Santa Clarita Valley dance competition where local “star” dancers dance on behalf of local nonprofit organizations. This year, on August 28 at the College of the Canyons Performing Arts Center, Homayoun Daryani, owner of Persia Lounge and Restaurant at 24328 Main Street in Santa Clarita, is dancing on behalf of the SCV Senior Center. Please join us at Persia Restaurant on Thursday, August 6 at 7:00 PM. For only \$50 you will enjoy an all you can eat Persian buffet and all you can drink beer and wine! In addition, you will be entertained by an exquisite dance performance followed by music and dancing for the rest of the evening. All proceeds from this event count as votes for the SCV Senior Center in the DWOS competition!

To learn more about Dancing with Our Stars and to vote for Homayoun and the SCV Senior Center, go to [www.scvdwos.com](http://www.scvdwos.com).



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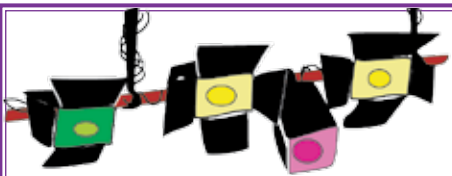
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**Braille Van**  
**will be at the SCV Senior**  
**Center on August 14**  
**from 10 am to 2 pm**



## Volunteer Spotlight - Lisa Andrews

by Robin Clough, Volunteer & Recreation Coordinator



Lisa Andrews cherished visits with her mother. This sense of comfort was the impetus bringing her to the SCV Senior Center as a volunteer. While donating puzzles to the SCV Senior Center, a void was filled by those around her that reminded her of her mother. When asked to donate her time as well as puzzles, Lisa didn't hesitate.

Lisa assists in the food service program, with Director Joanna Vallelunga stating, “Lisa is a powerhouse volunteer. In addition to her many duties, she even assists with training new volunteers to ensure productivity and efficiency, Lisa assists with a smile wherever needed and leads by example demonstrating exemplary ethics, knowledge, and integrity.” Reciprocating the praise, Lisa says, “Joanna impressed me with the way she cares about seniors, and this inspires me to help them more.”

Coming from a close-knit family where elders are treated with the highest regard, Lisa feels “seniors are important to me, and I want to go out of my way to make them as happy as they make me. I am grateful to be around people that make me smile.”

Devoting her time with enthusiastic and exceptional volunteerism provides the food service program with outstanding consistency and forms heartwarming relationships to the SCV Senior Center through our Spotlight Volunteer, Lisa Andrews. Lisa we thank you for your steadfast volunteerism!

## Ongoing Classes at The SCV Senior Center

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis. Most activities are for adults 18 and over. For more complete information and fees, please call the Center at 661-259-9444, or visit our website at [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

### Arts & Crafts Classes

- **Art Workshop** – Tues., Wed. & Thurs., 9:30 a.m. – 12 p.m., Room A2
- **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



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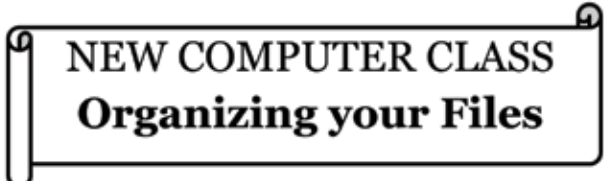




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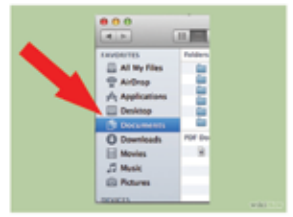





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**Class begins**  
**Wednesday, October 7th**  
**10:00 – 11:00 a.m.**

**Some computer experience is necessary to get the most out of the class. Call the SCV Senior Center at 661-259-9444 to sign up!**





## Is It Alzheimer's?

by Jane M. McNamara, Elder Rights Attorney



I lost my car keys yesterday, again. I forgot to bring in all the groceries from the car. Mild memory loss is common in older adults, and often doesn't affect their daily lives. But memory loss that gets worse may be a sign of dementia, and often leads to serious impairments of reasoning, thinking, and planning skills.

Alzheimer's disease is the most common cause of dementia. Usually dementia gets worse over time. How long this process takes is different for each person. Some people stay the same for years. Others lose skills very quickly.



The two most common forms of dementia in older people are Alzheimer's disease and multi infarct dementia (sometimes called vascular dementia). These types of dementia are irrevers-

ible, which means they cannot be cured. In Alzheimer's disease, nerve cell changes in certain parts of the brain result in the death of a large number of cells. Symptoms of Alzheimer's disease begin slowly and become steadily worse. As the disease progresses, symptoms range from mild forgetfulness to serious impairments in thinking, judgment, and the ability to perform daily activities. Eventually, patients may need total care, which typically must be managed outside the home, at great expense.

In vascular dementia, a series of strokes or changes in the brain's blood supply may result in the death of brain tissue. The location in the brain where the strokes occur and the severity of the strokes determine the seriousness of the problem and the symptoms that arise. Symptoms usually begin abruptly and progress in a step-wise fashion with repeated strokes. At this time, there is no way to reverse damage that has already been caused by a stroke. However, treatment to prevent further strokes is very important.

Talk with your doctor. Manage high blood pressure and diabetes. Manage cholesterol. Medication management is important. Although there is no cure, ignoring the inevitable will only hasten and worsen the outcome.

For more information, please call 661-287-3260, or visit our website at [www.theMcNamaraLawFirm.com](http://www.theMcNamaraLawFirm.com).

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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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## A Song about my Neti Pot

by Rita Roth

If you have sinus woes you probably know all about neti pots. They have become very popular among sinus sufferers, whose numbers add up to just about everyone on the planet.

For the one in a hundred million who does not have sinus issues and has no idea what a neti pot is allow me to explain. A neti pot looks like a cross between a small teapot and Aladdin's lamp and is made from plastic or ceramic material. Its function is to flush out the nasal passages and hopefully relieve sinus pain and pressure.

When ready to use the device, you put a combination of warm water and salt in its little body, head for the bathroom, and insert its long and slender spout into the nose, one nostril at a time. You allow the water to enter one nostril and to drain out the other. It sounds rather unpleasant, and it actually is rather unpleasant. Still if your head is throbbing and your eyes are swollen and your ears are clogged, you are already well acquainted with unpleasantness.

Does it work? Well yes and no. Sometimes it does relieve some of the symptoms of sinusitis, the medical term for crummy sinuses, I would not say it is a miracle cure and that after using it, you proclaim to the world "Eureka, I can breathe again"

However, every little bit helps and I would rather use my neti pot than ingest all kinds of medication, both prescribed and over the counter. At least you are not going to have side effects which are sometimes worse than the actual malady. One caution I should mention, the water should be boiled and allowed to cool and not taken straight from the tap, this will ensure that no nasty little microbes get into your sinuses and set up housekeeping.

I have written a little song about my neti pot. It is sung to the tune of "Oh Christmas Tree" I realize that this is not the time for yuletide songs, but since sinus problems know no particular season I feel that it's okay.

Oh neti pot, oh neti pot. My sinuses you help somewhat  
I fill you up with water hot, and then I add a little salt.  
I use you when my nose is stuffed.  
I use you when I've had enough.  
I put your spout within my nose, it does not feel good  
heaven knows.  
But now and then I feel relieved,  
And I can nearly almost breathe.

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

**August 2015**

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

**Wednesday August 5, 1 p.m.** "Update on Asthma and C.O.P.D. – Current Cutting Edge Therapies", Martin Wasserman, PhD Pharmacology

**Wednesday August 12, 1 p.m.** "Cataract Education and Screening" with Dr. Felise Barte, Ophthalmologist

**Wednesday August 19, 1 p.m.** "Hoarding: What is it and Who Can Help?" – Valerie Schultz, LCSW, GENESIS, L.A. County

**Wednesday August 26 2 p.m.** "On Being Hospitalized: What to Expect" with Dr. Gene Dorio

## Health Screenings

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

**Hearing Screenings:** Not scheduled this month

**Diabetes Screening:** August 13, 10:30-11:30am in Main Building Reception

**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



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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.  
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## Senior Center Scholar Series

### The Wright Brothers: Lecture and discussion with Professor Lissa Brassfield

**Thursday, August 20**

**1:00 - 2:00 p.m.**

**Rooms A-1 & A-2**

Learn about the two brothers who journeyed to Kitty Hawk and made history. The Wright brothers were aviation pioneers who are credited with inventing and building the



world's first successful airplane and making the first controlled, powered, and sustained heavier-than-air human flight on December 17, 1903. From 1905 – 1907, the brothers developed their flying machine into the first practical fixed-wing aircraft. Although not the first to build and fly experimental aircraft, the Wright brothers were the first to invent aircraft controls that made fixed-wing powered flight possible. Join us for this interesting lecture!

# Thanks, Henry Mayo.



**Henry Mayo  
Newhall Hospital**



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





## Third Annual SCV Senior Center Summer Camp

**A week of lunchtime camping activities without the ants!**

**August 17 – 21, 2015  
11:30 a.m. – 12:30 p.m.**

**Located in the  
Multipurpose Room**



*John Bergstrom & Gency Brown*

Monday: Camp Trivia, Songs, and Carry the Grub Game;  
Tuesday: Award Winning Western Singers John Bergstrom and Gency Brown perform songs of the Old West, S'Mores Ice Cream;  
Wednesday: BBQ Burgers and Grub, Fiddlesticks & Ivory Plus Band;  
Thursday: Best camp outfit contest, camp stories, best place/why and camping history;  
Friday: Camp sing-along with John Swinford & the Memory Makers, Camp Terms Pictionary.

## Adult Day Program

**Specializing in the care of persons with Alzheimer's disease and other types of dementia.**

- CA licensed program
- Social interaction
- Recreational activities
- Exercise
- Pet therapy
- Board & table games
- Lunch & snacks
- Monday through Friday



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for more information

**SCV Senior Center**

SANTA CLARITA VALLEY COMMITTEE ON AGING

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I COULD USE A LITTLE HELP"**



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| -Lt Hsekeeping  | -Linens/Laundry   |
| -Med Reminders  | -Errands          |
| -Transportation | -Care Management  |

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## Luxury Senior Living

Assisted Living • Memory Care



Oakmont Senior Living's newest project is now under construction and scheduled to open in late 2015!

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**SCV  
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CENTER**  
Santa Clarita Valley  
Committee on Aging



**Monday  
October 19  
TPC Valencia**

# *Golf Classic*

## **Sponsorship Levels**

### **PRESENTING SPONSOR - \$5,000**

- 8 player spots
- 8 Mulligan and contest packages
- Logo recognition as Presenting Sponsor on all printed materials and banners
- Company logo in all media advertising
- Company sign & head table seating for awards reception
- Driving Range and Tee box signage at two holes
- Presenting Sponsor recognition on SCVSC events webpage
- ¼ page company ad in The Mighty Oak newspaper
- Recognition as Presenting Sponsor on Golf Classic Facebook page
- Display business information and/or products on the golf course
- Provide promotional/marketing materials in player packages
- 2 Bottles of premium wine at Presenting Sponsor table

### **PLATINUM SPONSOR - \$4,000**

- 4 player spots
- 4 Mulligan and contest packages
- Logo recognition on all printed materials and banners
- Company logo in all media advertising
- Company sign & reserved seating at awards reception
- Tee box signage at two holes
- Platinum Sponsor recognition on SCVSC events webpage
- 1/8 page company ad in The Mighty Oak newspaper
- Recognition as Platinum Sponsor on Golf Classic Facebook page
- Provide promotional/marketing materials in player packages

### **GOLD SPONSOR - \$3,000**

- 4 player spots
- 4 Mulligan and contest packages
- Logo recognition on all printed materials and banners
- Company logo in all media advertising
- Company sign & reserved seating at awards reception
- Tee box signage at two holes
- Recognition Gold Sponsor on SCVSC events webpage
- Recognition in The Mighty Oak newspaper
- Provide promotional/marketing materials in player packages

### **SILVER SPONSOR - \$2,000**

- 2 player spots
- 2 Mulligan and contest packages
- Logo recognition on all printed materials and banners
- Company logo in all media advertising
- Company sign & reserved seating at awards reception
- Tee box signage at one hole
- Recognition as Silver Sponsor on SCVSC events webpage

### **Driving Range & Putting Contest Sponsor - \$500**

- Tee Box signage
- Host a booth - bring a table, canopy, giveaways for the golfers to promote your business
- Company logo in all media advertising & program
- Company logo at awards reception

### **Closest to the Pin & Longest Drive Sponsor - \$500**

- Tee Box signage
- Host a booth - bring a table, canopy, giveaways for the golfers and promote your business
- Company logo in all media advertising & program
- Company logo at awards reception

### **\$10,000 Putt Sponsor - \$1,000**

- Tee Box signage at Putting Green Contest
- Pull the winning ticket!
- Company logo in all media advertising & program
- Company logo at awards reception

### **Award Sponsor - \$1,000**

- Company logo in all media advertising & program
- Company logo at awards reception

### **Hole Sponsor - \$125**

- Bring a table, canopy, giveaways for the golfers and promote your business

### **Foursome Only \$600**

**Individual Golfer(s) \$160 each**

**Mulligan & Contest Package only \$50 per player**

**Registration and Breakfast 7:30AM : Shotgun Start 9:00AM**



Visit [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org) to register **TODAY!**



# TRIPS & TOURS

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

## 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.



## 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!



**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

SANTA CLARITA VALLEY COMMITTEE ON AGING

### SCV Senior Center Needs Volunteer Driver 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.

For more information please contact  
Lynne Hazen at (661) 259-9444  
ext.114 or

[lhazen@scv-seniorcenter.org](mailto:lhazen@scv-seniorcenter.org)



*The mission of the Santa Clarita Valley Senior Center is to promote quality of life for seniors.*

SCV Senior Center • 22900 Market Street • Santa Clarita, CA • 91321

## SCV Senior Center

SANTA CLARITA VALLEY COMMITTEE ON AGING



## Conscious Aging

Discover the benefits  
of aging mindfully

*Dr. Teri Crane is an LMFT with a doctorate in education, an MFA in writing, and is certified to teach therapeutic journaling and the Conscious Aging Program.*

**SAVE THE DATE – BEGINNING IN SEPTEMBER 2015**

**Wednesdays, 2:00 – 3:30 p.m.**  
**Room A6**

**\$3 per class, plus one-time \$15 workbook fee**

- Explore unexamined, self-limiting beliefs, stereotypes and assumptions about aging and make better, more conscious choices about our worldviews on aging;
- Develop self-compassion to cope more effectively with change, worry, and stresses associated with aging;
- Discover and reflect on what has given heart and meaning to our lives and how that informs our intentions for our aging process;
- Enhance connection and reduce isolation from others and the web of life by understanding our shared humanity in the aging process;
- Reduce fear and increase acceptance in the presence of death and dying for ourselves and for our loved ones.



# Ignoring Hearing Loss Can Be Costly

by Nola Aronson



"I'll deal with it later." Have you ever had that response to something? In some cases, the consequences may be minor or non-existent, but in others there may be truly serious outcomes.

Take, for example, hearing loss. Many people write of early signs of hearing loss as simply part of getting older. Even if it becomes apparent a hearing aid is necessary, some people may put off a decision because they don't want to rely on technology, draw attention to the problem or they think it will cost too much.

Here's the truth: Ignoring the early signs of hearing loss can cost you more than you expect.

Hearing loss is the third most prevalent chronic health problem among older adults, and only about 20 percent of those who could benefit from treatment actually seek it, according to the American Speech-Language-Hearing Association.

Hearing loss brings more than just challenges in hearing speech. A 1999 study by the National Council on Aging found markedly higher rates of depression, anxiety and other psychological disorders in those with hearing loss who were not using hearing aids. Other studies have found links between hearing loss and cognitive decline and increased risk of dementia. The

physical toll of these problems can result in increased medical expenses, negative effects on relationships and shortened life expectancy.

For those still working, untreated hearing loss can take a toll on one's career, as hearing is a key to communication and safety in the workplace. A 2010 Better Hearing Institute survey found those with severe hearing loss had double the unemployment rate of their peers with good hearing. A BHI survey of 40,000 households also showed a \$14,000 annual income difference between those with mild and severe hearing loss.

It is true purchasing a hearing aid can be a significant expense, and health insurance may not always cover the cost. However, when weighed against impacted earning potential or a host of physical and mental problems, an investment in hearing aids should be viewed as a necessary and worthwhile expense.

Consulting a qualified audiologist and caring for your hearing health now is less expensive than dealing with a mountain of other problems later.

Nola Aronson, M.A., CCC-A, is owner and founder of Advanced Audiology, and has been fitting hearing aids for more than 30 years. She is the Santa Clarita Valley's authorized provider for Facey patients. For more information visit [www.scvadvancedaudiology.com](http://www.scvadvancedaudiology.com).

PROUDLY SERVING THE SANTA CLARITA VALLEY SINCE 1987



## Do You Hear But Not Understand?

Schedule a **FREE** Hearing Screening

Our state-of-the-art hearing aids are powerful AND discreet  
SCV's official authorized provider for Facey patients

661.425.9330

[www.SCVAdvancedAudiology.com](http://www.SCVAdvancedAudiology.com)

[Facebook.com/NolaAudiologist](https://www.facebook.com/NolaAudiologist)

23822 Valencia Blvd., Suite 103

(next to AAA in the Owen Patterson building)

Valencia

"Look For the **Purple Sign**"



Nola Aronson, M.A.,  
CCC-A, Owner



Ginny Veloz  
Au.D., CCC-A



Santa Clarita Valley's Most Trusted Audiologist



**Nola Aronson's**  
**ADVANCED AUDIOLOGY**  
We Love to Help **You Hear**





# Jury Duty

by Kay Waggoner

Last month, I was called for jury duty at the San Fernando court house. I've been called for jury duty five times in my life and every time, I've been excused.

The first time I was on call, it was for the Santa Clarita court house. Called every day and was told not to report, but on the last day I called in, they sent me down to Van Nuys instead. That time, I was in the jury pool, but never was put on a panel and was sent home at the end of the first day.

The second time was for San Fernando. Sat in the assembly room until around 4:00 in the afternoon then got picked for a panel. I was #17 and put in the alternate's row of seats. It was a DUI case and because of my views on drinking and driving, I was excused at the end of the first day.

The third time was for Santa Clarita. Had to report the first day. We sat in the assembly room until around 1:00 in the afternoon. I was once again picked for a panel. This time I was #12 so actually sat in the juror's seats. This judge seemed like he wanted to torture everyone because he had about 75 perspective jurors and he wanted them all questioned before anyone was excused. We were there for 5 days before they finally picked a jury. It too was a DUI case and once again I was excused.

The fourth time was for Federal Court in downtown Los An-

geles. I really was NOT looking forward to this one. I was a little worried that I would get stuck on a Grand Jury. At the time I was going to be on-call for the Federal Court, I was getting monthly eye injections, so I was excused because my Retinal Specialist gave me a letter telling them about my eye problems.

Now we come to the fifth time, which was last month. I was once again on call for San Fernando and was told to report the first day. Around 10:45 in the morning, a panel was called and sent to a court room. I was not in that panel, and at 11:00, they sent us out for lunch and told us not to come back until 1:30. At 1:45, they called another panel, and this time I was picked. We were sent upstairs to the court room where I was #18 and again placed in the alternate's seats. This case was about Battery and I was thinking it was going to be interesting and that I wouldn't really mind being on this jury. The judge and lawyers asked their questions of the first 24 people and then they started to excuse people. They had excused about 7 people and as they did, the alternates would then move to a juror's seat. I had been moved to the #12 juror spot, but just as I sat down, the defense lawyer excused me. I was surprised because they barely questioned me during the pre-selection. The defendant and his lawyer had their heads together talking just before I was excused, so I don't know if the defendant didn't like me or what. But once again, on my first day, I was done.

I have discovered that the judges at the San Fernando court-house are friendlier and more lenient than the judges at the Santa Clarita courthouse. So I think I prefer going there for jury duty.

But obviously, they seem to think I would not make a good juror, otherwise, why am I always excused? Maybe they should quit sending me a summons every 5 years. It would save all of us time. Oh well.

## Give the SCV Senior Center a Hand

Be a volunteer!

Seeking volunteers to help pack lunches for home-bound 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Egg Puff	4 Pasta Arrabiata con Pollo Parmigianinno	5 Startled Pig Stew	6 Herb Oven Roasted Fish	7 Balsamic Chicken
10 Galinhada topped with Farofa (Brazilian ChickenStew)	11 Carnitas Taco Salad	12 Russian Chicken	13 Penne Marinara with Meatballs	14 Fish & Chips
17 Gosht Pulao (Indian Meat Stew)	18 Sweet & Sour Chicken	19 Pulled Pork Sandwich	20 Lemon Caper Chicken	21 <b>Choice Day</b> A) Pork Enchilada Casserole or B) Vegetarian Quiche
24 Mediterranean Chicken Salad	25 Braised Pork Stew	26 Chicken Piccata	27 Chili Egg Puff	28 Pescado Veracruz
31 Pasta Bolognese (Pasta with meat slow simmered in tomato sauce)	Choice Day is for Congreaegate Sites only. HDM Recipients will receive Option A.			

Note: Menu is subject to change without notice.

# Menu for August 2015



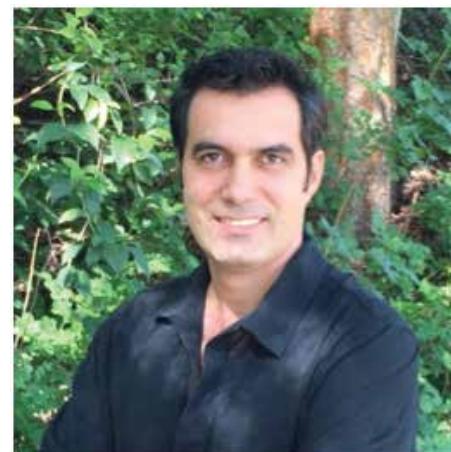


**As a friend of the  
SCV Senior Center**

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.**