

THE MIGHTY OAK

September 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

National Senior Center Month

Celebrate LIFE at Your Senior Center!

LIFE = Learning - Expand your knowledge
Independence - Live on your terms
Friends - Enjoy life, laughter, and feeling connected
Energy - Discover health and vitality



The theme embraces positive, active aging, incorporates the Seven Dimensions of Wellness (physical, emotional, intellectual, vocational, social, environmental, and spiritual) and takes a holistic approach to senior center wellness. This September, celebrate your programming and services. Celebrate all the good things that happen at your center. Celebrate LIFE at the SCV Senior Center!

**I n d e p e n -
d e n c e - Live on
your terms**

You have the freedom and right to choose your own course in life. Research suggests that promoting positive age stereotypes could result in less illness and allow people to live independently longer.

**F r i e n d s - Enjoy life, laughter,
and feeling connected**



The SCV Senior Center provides a space and opportunity to create and develop friendships that give added value to participants' lives. The power of friendship is often seen and heard in the laughter that follows, and the richness is



increased with the diversity of participants and experiences. Join us for lunch or a class that nourishes, cultivates, enhances, and promotes friendships.

E n e r g y - Discover health and vitality

Embrace programs that increase physical and mental energy. The SCV Senior Center adopts a holistic approach to aging and has incorporated the Seven Dimensions of Wellness to offer programming that touches the mind, body, and spirit.

(Source: www.ncoa.org/wp-content/uploads/2015-SCM-Program-Guide-Final.pdf)



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Thoughts from Executive Director Rachelle Dardeau

by Rachelle Dardeau, MS, MSW

As summer gives way to autumn, residents of the Santa Clarita Valley are gearing up for back to school, football season, and a long Labor Day weekend. Here at the SCV Senior Center, September brings National Senior Center month and National Adult Day Services week, occasions that celebrate the important services and benefits of Senior Centers and Adult Day Services.

National Senior Center month

According to the National Institute of Senior Centers, over 1 million older adults get connected at their local senior center every day. "Senior centers serve as the front door for millions of older Americans who are looking for ways to stay healthy, independent, and engaged in their communities," said Stuart Spector, senior vice president, National Council on Aging. "By encouraging participants to live life 'their way,' senior centers empower and support older adults."

Your Santa Clarita Valley Senior Center is one of the busiest senior centers in southern California. Join us to find out what so many SCV residents already know, the SCV Senior Center changes lives – for the better.

National Adult Day Services Week, September 13-19, 2015

This special week has been celebrated annually since it was proclaimed on September 27, 1983, by President Ronald Reagan. You can read the proclamation at <http://www.presidency.ucsb.edu/ws/index.php?pid=40540>

Dr. Steven Zarit and colleagues recently published research demonstrating that family care providers showed lower stress levels on days when their family members attended adult day services. The study is also one of the first to demonstrate that interventions to lower stress on caregivers, such as the use of adult day care services, have an effect on the body's biological responses to stress. You can read the article at <http://nadsa.org/adult-day-services-boosts-beneficial-stress-hormones-in-caregivers/>

The SCV Senior Center Adult Day Program is a state licensed day program specializing in the care of individuals with Alzheimer's disease and other types of dementia and memory-impairing conditions. Let the SCV Senior Center Adult Day Program help you reduce stress and improved the quality of your time together with your loved one.



AL? MC? SNF?

What Does it All Mean?

by Margie Veis, Executive Director, Oakmont of Santa Clarita

As we age we begin to enter our "Golden Years"; we begin to see changes in our lifestyles. One of those changes can be that we become less independent and may choose or require help with some basic tasks. We may also need help with activities of daily living which can range from bathing and dressing to managing our medications. Knowing the different options will help you to decide which is best for you or a loved one.

Honestly acknowledging and assessing what your needs are is a great first step to take before looking at senior living alternatives. Another important step is understanding the differences between the different types of senior communities - independent and assisted liv-

ing, memory care, board and care and skilled nursing facilities

Independent "Active 55" communities are just that – independent! For the most part, residents are active seniors who are ambulatory and don't require any assistance. Independent communities offer a variety of accommodations from studios to one-bedrooms and two-bedrooms, as well as single-family homes. They are a great option for independent seniors who are considering downsizing but still wish to do their own cooking, cleaning and transportation. The important issue to recognize is that you are responsible for all your own care and maintenance of your home and your health

Assisted living communities are a social model. Seniors in Assisted Living communities can still be fully independent, but want



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The Mighty Oak is published monthly by the SCV Senior Center
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Braille Van

**will be at the SCV Senior
Center on Thursday, September
10th from 10 am to 2 pm**

the reassurance that if their care needs change, the assistance will be there or they may need assistance with daily activities now. Amenities like chef-prepared meals, housekeeping, laundry and transportation are the norm, allowing seniors to have the time to participate in activities that they enjoy. Many assisted living communities will have a special program for those residents that are affected by dementia or Alzheimer's disease. These programs are usually referred to as 'Memory Care' and usually offer more assistance, specially trained staff and security



September 13-19, 2015

Continued on facing page

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
- **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
- **Conscious Aging** by Dr. Teri Crane on Wed. 2 p.m. to 3:30 p.m., A6
- **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

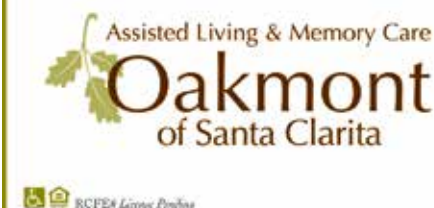
Luxury Senior Living

Assisted Living • Memory Care



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

*Restaurant-Style Indoor and Outdoor Dining
Private Movie Theatre • Day Spa • Fitness Center
Pet Park • Resident Gardens and Walking Paths*



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September Happenings: Labor Day Ice Cream Social

Thursday, September 3, lunchtime. Sponsored by I-Realty.

AL? MC? SNF? continued from facing page

while offering programs that are tailored to the special needs of their residents.

We often hear the term “Board and Care” which are actual homes that have been remodeled to house and care for around six residents. Board and Care homes typically have the “homelike” feel, but do not have the amenities and services that one would find in an assisted living community. An interesting fact is that both assisted living communities and board and cares are licensed by Department of Social Services.

Skilled Nursing Facilities or Rehabs are commonly referred to as nursing homes. They offer the highest level of care outside of a hospital, which includes round the clock long- and short-term care for individuals who need rehabilitation services. A SNF is a medical facility, and the right choice when there are medical issues that need to be addressed. Many times this is a transitional phase, giving the senior time to recover from an illness or fall.

Having the knowledge allows one to choose what's right for them, at the right time of life. It will be comforting and reassuring not just for the senior but their family as well.

For more information on senior living alternatives, please contact Oakmont of Santa Clarita at 661-295-2025 or email santa-clarita-marketing@oakmontmg.com. Now accepting reservations with a planned opening of early 2016.

Women, Take Care of Your Ears



by Nola Aronson

Hearing loss is an issue that is not limited by gender, and research continues to show ways in which women should care for their hearing health. Studies have found as much as a third of women in their 50s have some degree of hearing loss, and as high as nearly two-thirds of women in their 60s.

As I have seen in the case of numerous patients, healthy hearing has a major impact on quality of life. There are several areas in which women should pay attention to the pursuit of positive health, for both hearing health and total-body wellness.

Heart Health: A healthy cardiovascular system has a positive effect on hearing health, according to a 2014 report by the Better Hearing Institute. In fact, the ears may serve as an early-warning system. Dr. David Friendland of the Medical College of Wisconsin in Milwaukee has said the inner ear is so sensitive to blood flow its possible abnormalities in the cardiovascular system may be noted there earlier than less-sensitive parts of the body. From more regular physical activity and a healthy diet, to elimination of negative habits such as smoking, taking care of your heart can also take care of your ears.

Fitness: A study published in 2013 in the American Journal of Medicine found that women with a higher body mass index (BMI) and larger waist circumference were at an increased risk for hearing loss. Over 20 years, a study of nearly 70,000 women

found those with a BMI of 30-34 (categorized as "obese") had a 17 percent higher risk of hearing loss than those with a BMI of 25 or lower. One of the lead researchers suggested that obesity may compromise blood flow to the inner ear.

Depression: Research has demonstrated a link between hearing loss and an increased risk of depression, particularly among women, according to a 2005-2010 survey of nearly 20,000 people conducted by the National Center for Health Statistics.

Pain Relievers: A study of more than 60,000 women found an increased risk of hearing loss tied to use of common pain relievers ibuprofen and acetaminophen, according to a report in the American Journal of Epidemiology.

Diabetes: A 2012 study by Henry Ford Hospital in Detroit found that women between the ages of 65-70 with well-controlled diabetes had better hearing than those with poorly controlled diabetes.

Pay attention to changes in your health or address ongoing problems. Having your hearing screened regularly by a qualified audiologist is important for identifying any potential risk factors and possible treatment options. Healthy hearing really does mean a happier life!

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 call 661-425-9330 or visit www.scvadvancedaudiology.com.

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ADVANCED AUDIOLOGY**
We Love to Help You Hear

Celebrate National Adult Day Services Week 2015

"Adult Day Services: Living Well Into the Future" National Adult Day Services Week is September 13-19! The Only Licensed Adult Day Program in Santa Clarita Valley Specializing in Dementia Services

by Stephanie Godinez-Daniels

A couple of years ago, a tired and overwhelmed caregiver stood at my office door with two kids and her father and asked "Can you help me? I need a break from my mom!" Betty was a stay at home mom, and had recently taken on the task of also caring for her mother. Quickly she came to realize her plate was beyond full, and she needed a break. Betty stated that her mother had been diagnosed with dementia a few years back and her dad needed help taking care of her mom, so her parents moved in. It had become difficult for Betty to dedicate time to her children, as well as fulfill her mother's needs. Luckily, the SCV Senior Center Adult Day Program was able to offer this overworked caregiver the opportunity to bring her mom to a safe and active environment, as well as provide Betty with the much needed time to spend with her children. The SCV Senior Center Adult Day Program hears stories like Betty's so often that we can almost forget that there are still people out in the community that don't know we exist!

In honor of National Adult Day Services Week, we are here to help! Our program offers a variety of activities and opportunities for socialization and cognitive stimulation for each of our participants. We provide all of our participants with fun and engaging activities that suit their interests and abilities such as crafts, cooking, exercise, games, gardening, music therapy, pet

therapy, and art therapy. Our Adult Day Program also offers a safe and secure environment in which to spend the day, provides an improvement in mental and physical health, helps enhance or maintain level of independence, and best of all nutritious meals and snacks are provided.

Although it can be difficult to determine if you or your loved one would benefit from the Adult Day Program take into consideration that caregivers can only be good caregivers if they learn to care for themselves as well. Which means, providing yourself with a much needed break and providing your loved one with a wonderfully structured and active program. As the SCV Senior Center Adult Day Program is the only licensed program in the Santa Clarita Valley, we encourage you to schedule a visit with us and tour the program!

Stephanie Godinez-Daniels is the Director of the Adult Day Program. Please give her a call at 661-259-9444 or email her at sgodinez@scv-seniorcenter.org.

Health Education & Wellness Schedule at the SCV Senior Center

September 2015

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

Wed., Sept. 2, 1 p.m. Domestic Violence in the Community – Linda Davies, Domestic Violence Center of SCV

Wed., Sept. 9, 1 p.m. Diabetes Education – Amy Matthews, R.N., MSN, Henry Mayo Newhall Hospital

Wed., Sept. 16, 1 p.m. Service Dogs & Seniors their Roles – Daryl Young, Professional Dog Training Services, Inc.

Wed., Sept. 23 1 p.m. Preventative Care Services, Rolando Toledo, MPH, Wellness Specialist, Facey Medical Foundation

Thurs., Sept. 24 2-4 p.m. Emergency Preparedness Workshop, County of Los Angeles Office of Emergency Management

Wed., Sept. 30 1 p.m. Falls Prevention – Abbie Povletich, R.N., BSN, Santa Clarita Valley Senior Center

Health Screenings

Blood Pressure Checks: Wednesday 10:30am – 12:00pm, Reception Office

Hearing Screenings: Not scheduled this month

Diabetes Screening: September 3, 10:30–11:30am in Reception Office

Brain Wellness/Memory Screenings: By Appointment

Support Groups

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

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

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

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

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



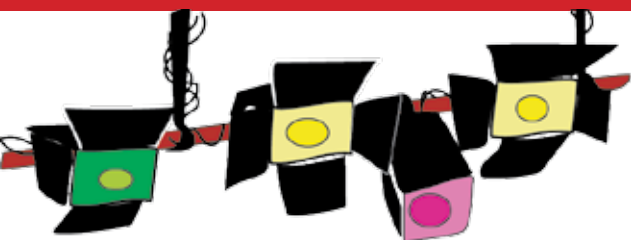
- Safe Environment
- Flexible hours

(661) 259-9444

for more information

SCV Senior Center

SANTA CLARITA VALLEY COMMITTEE ON AGING



Volunteer Spotlight – Rebeca Solorzano

by Robin Clough, Volunteer & Recreation Coordinator



Just mentioning the name of volunteer Rebeca Solorzano lights up everyone's face. Dana Shiver, Congregate Site Manager, states, "She is a beam of light with a contagious smile, and has been nicknamed "Rainbow Brite!" Dana cannot contain her emotions when sharing the impact this young volunteer has on her and everyone at the Center.

Rebeca Solorzano, is a 19- year old pre-nursing student, works with Community Center youth, and somehow finds time in her busy schedule to serve in the SCV Senior Center packing and lunch rooms. With unparalleled enthusiasm, Rebeca takes initiative to help in all aspects of the program including taking inventory and food preparation. She has also been dubbed by Dana an "ambassador" – a volunteer who goes above and beyond their duties.

When asked what fuels her tireless passion to help others, Rebeca responded, "I have such deep gratitude for those who helped me in after-school programs when I was growing up. Volunteering is my way of giving back, and it brings me tremendous happiness. The appreciation expressed by staff and seniors makes me feel good. They have so much love to give, and they bring out the joy and energy in me!"

Rebeca Solorzano's passion and caring shines at the SCV Senior Center, and we are grateful for her extraordinary volunteerism.

The Spectrum of Neuro Cognitive Disorders Beyond Alzheimer's

Saturday, October 10, 2015

9am - 12pm

Pre-registration required via email: neurocommunity@gmail.com or leave message at 818-885-8623. The

presentation is located in the Main Lobby Conference Room at Providence St Joseph Medical Center, 501 S. Buena Vista St., Burbank, CA 91506. There is free parking for the event.

Agenda

9:00 am: Registration and Expo along with complimentary refreshments

9:30 am: Program Overview with Viviane Tondeur, MBA, Gerontologist

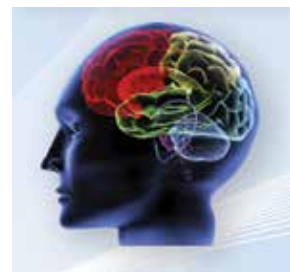
9:35 am: The Spectrum of Neuro Cognitive Disorders Beyond Alzheimer's with Michael Marvi, MD, MS, Neurologist and Movement Disorder Specialist

10:35 am: BREAK – Medical and Local Resources Expo is open

10:50 am: Legal Planning for Neuro Cognitive Disorders with Mitchell A. Karasov, Esq., Elder Law Attorney

11:35 am: Songshine Performance and Singalong – music, speech and creative drama for patients with cognitive impairment and dementia.

11:55 am: Closing Remarks with Ronald B. Ziman, MD, FACP, FAAN, Chairman, The NeuroCommunity Foundation



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Proposed Changes to VA Benefit Laws for Seniors

by Jane McNamara, Esq



The Veterans Administration has several benefits for veterans who qualify. One of the most popular benefits, and the most difficult to obtain, is commonly referred to as "VA Aid and Attendance Benefits."

This VA benefit is available to wartime veterans who served at least 90 days in the military, one day of which was during wartime. The veteran must meet rigid eligibility tests, which includes an analysis of income, assets, age, and unreimbursed care costs. These care costs may be charges incurred in an assisted living facility, residential care facility for the elderly (board and care), at

home, or skilled nursing facility.

Many seniors who require assistance, and who rely on caregivers, or care facilities, find this tax-free benefit extremely useful. Married couples can receive \$2,120.00 per month, while surviving spouses of veterans can receive \$1,149.00 per month, which can greatly assist with their monthly costs.

However, recently the VA proposed changes to their own internal regulations, which could change the qualification requirements, and impose stiff penalties and periods of ineligibility for certain transfers, gifts, and other activities. The proposed regulations prohibit some planning tactics commonly used by many "non-accredited" self-titled "VA advisors". These former planning strategies may now be found improper under the proposed regulations, and result in large penalties. Already some of these "techniques" involving annuities often cause expensive periods of non-qualification if the applicant

requires Medi-Cal benefits for skilled nursing care.

The future of VA benefits laws are uncertain, and those considering submitting VA applications are encouraged to do so prior to any changes in the law. Further, any activities used to qualify should be looked at carefully by a VA Accredited attorney to ensure they do not run afoul of California Medi-Cal regulations in the event skilled nursing is needed in the future.

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



Save the Date

UkeALadies Performance

To celebrate International Music Day on October 1, the UkeALadies will be performing on their ukuleles from 11:30am – 12:00pm at the SCV Senior Center.

How Will You Care For Your Aging Loved One?

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

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



How are you dealing with:

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



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

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



Everyone buys groceries, why not make your weekly trip to the supermarket mean more than food on your table.

Thanks to Ralph's Grocery Stores, we have found a very easy way for you to donate to SCV Senior Center ... and it won't cost you a penny! All you need to do is become a member of Ralph's Community Contribution Program!

Just follow the directions below to register your Ralph's Club Card to SCV Senior Center. After you register, your purchases from Ralph's will AUTOMATICALLY be credited to SCV Senior Center and Ralph's will donate a percentage (up to 4%) of your total to SCV Senior Center.

DIRECTIONS:

- **Pick up a copy of the Ralph's Scanbar letter from Diane in the reception office.**

- **DO NOT** remove the instructions from the letter. The instructions are necessary for the cashier in order to process the link between your card and your organization at the register.

- Take the letter the next time you go shopping at Ralph's and hand it to the cashier to scan within your order. **IN ADDITION** you must present your Ralph's rewards card, or phone number (alt ID) that is linked to your rewards card.

- Within 72 hours, you will then begin giving a percentage of each shopping trip for the duration of the Community Contributions Term to the SCV Senior Center.

Continued on facing page

Thanks, Henry Mayo.



henrymayo.com/stories

TRIPS & TOURS

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

Santa Barbara's John Dunn Gourmet Dining & Chumash Casino

Friday, September 18, 2015

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!



Golden Nugget Hotel & Casino Las Vegas

Monday, November 9, through

Wednesday, November 11, 2015

Price: \$180.00 double • \$230.00 single

Departs Monday, November 9th at 8:00 am &

Returns Wednesday, November 11th at approx. 5:30 pm

Cancellations up to

October, 9, 2015

(No refunds after 10/9)

Trip includes two nights, three days hotel accommodations, transportation, and a whole lot of FUN, FUN, FUN!

Only 7 single rooms available so hurry!



Coming Soon:

Octoberfest at Alpine Village in Torrance
October 25th

Alpine Village
TORRANCE, CA



Pechanga Resort & Casino

Tuesday, September 29, 2015

Price: \$28.00

(No Refunds) Lunch your own

Departs 8:30 am –

Returns approx. 6:30 pm

Lady

Luck is
Calling

YOU! Find her at the largest casino in California with 3,400 slot machines to try your luck! Good Luck Everyone!



Harvest Festival Original Arts & Craft Show in Ventura

Friday, October 2, 2015

Price: \$29.00

(No refunds) Lunch your own

Departs 9:00 am & Returns approx. 4:30 pm

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gious indoor showcase on the west coast with more than 24,000 original works from hundreds of exhibitors nationwide. This event offers a feast for the senses. Come for the shopping, food and music!

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.

Ralphs continued from facing page

- You only have to scan the letter once per cycle to create the link between your card and the SCV Senior Center.
- You must continue scanning your Ralphs rewards card/ phone number (alt ID) during all purchases to give credit to the SCV Senior Center. Ralphs is not able to credit organizations if your Ralphs card is not scanned during any transaction.

If you do not have a Ralphs Rewards Card go to Ralphs Grocery Store and get a Rewards Card application. Thank you for supporting the SCV Senior Center!



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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.
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Food Safety Education

September is Food Safety Education Month. Did you know that one in six Americans could get sick from food poisoning this year alone? That's 48 million Americans. Food poisoning not only sends more than 100,000 Americans to the hospital each year – it can also have long-term health consequences.

Food safety is extremely important for older adults. Adults 65 and older are at an increased risk of serious complications from food poisoning, like hospitalization and death, because their weakened immune systems and changes to their bodies as they age.

Forgetting about food safety is a recipe for disaster. But following four simple steps can help keep you and your family safe from food poisoning at home.



CLEAN



SEPARATE



COOK



CHILL

Clean – Wash hands and surfaces often

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family.

Separate – Don't cross-contaminate

Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate.

Cook – Cook to the right temperature

Did you know that the bacteria that cause food poisoning multiply quickest in the "Danger Zone" between 40° and 140° Fahrenheit? And while many people think they can tell when food is "done" simply by checking its color and texture, there's no way to be sure it's safe without cooking to the right temperature

Chill – Refrigerate promptly

Did you know that illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them? (And if the temperature is 90 °F or higher during the summer, cut that time down to one hour!) But by refrigerating foods promptly and properly, you can help keep your family safe from food poisoning at home.

Visit www.FoodSafety.gov to learn more.

Meet Bill Blowers, Titanic Expert and Local Author

Titanic – 103 Years of Mystery, Intrigue, and Discovery

Thursday, September 10

1:00 - 2:00 p.m.

Rooms A-1 & A-2

Discover little known facts about the ship, her crew, her builders, and her tragic demise. On display will be the incredibly detailed 1/350 scale model of the famed ship. Mr. Blowers will also explain the "story" behind his novel, *Dangerous Betrayal* – the Vendetta That Sank Titanic and will do a book signing. Retiring in 2006 after a successful engineering and business career, Bill Blowers turned to his true passion, writing. He is the recipient of Technical Academy Awards and is employing his inventive abilities in the successful creation of novels, short stories, business books, and poetry.



September Happenings:
National Grandparents Day Celebration

Music of the World War II era featuring the magnificent Andrews Sisters as portrayed and lip synched by our volunteers. Cool down with ice cream bars! Monday, September 14, lunchtime.

Take a Stand with Us to Prevent Falls

by Natalie Newton

Did you know that 1 in 3 Americans aged 65 and older fall every year? Falling is not an inevitable part of aging. However, the chance of falling increases with age. Every 13 seconds, an older adult is seen in an emergency department for a fall-related injury (National Council on Aging). And every 20 minutes, an older adult dies from a fall (National Council on Aging). Falls are the most common fatal and nonfatal trauma-related hospital admissions among seniors. In 2013, fall injuries cost a total of \$34 billion and will only increase over the years as the senior population grows.

September is Falls Prevention Awareness Month. This September 23rd also marks the 8th annual Falls Prevention Awareness Day. The National Council on Aging sponsors these events to serve as an opportunity to educate seniors and their families on the dangers of falls and how to prevent them.

Falls can be prevented through a series of strategies that work to understand the causative factors to falling with the goal to decrease the number of falls and injuries among older adults. It only takes one

fall to put an older adult's independence at risk. Older adults who fall even without injury develop a fear of falling and, as a result, seniors will limit their daily activities and social engagements. Falling impacts the overall quality of life and have proven to cause physical decline, depression, social isolation, and feelings of helplessness in older adults.

In honor of Falls Prevention Month, on Wednesday, September 30th, our Health and Wellness lecture will be dedicated to Falls Prevention. Abbie Povletich, Care Manager, will be speaking and is a trained Falls Prevention Specialist in the evidence-based programs, Sure Step and Stepping On. Join us for this educational lecture on Falls Prevention to learn how to decrease your risk of falling. Natalie Newton is a Care Manager at the SCV Senior Center and can be reached at 661-259-9444 or nnewton@scv-seniorcenter.org. (Source: https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/)



Los Angeles County encourages YOU to:
PLAN, PREPARE AND BE AWARE!

EMERGENCY PREPAREDNESS WORKSHOP

September is NATIONAL PREPAREDNESS MONTH

Thursday, September 24
2:00 – 4:00 p.m.

SCV Senior Center
22900 Market Street, Santa Clarita, CA 91321
Phone: (661) 259-9444

Parkinson Support Group

Duopa – A new Parkinson's treatment
With Speaker Susie Yong,
Abbvie Neuroscience,
Account Executive



Friday, September 25th
2:30 – 4:00pm

Please RSVP to neurocommunity@gmail.com or leave a message at 818-268-6552.

The NeuroCommunity Foundation Parkinson & Movement Disorder Information Center at CARE.

Table with 5 columns: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY. Rows contain dates and menu items for September 2015, including Choice Day on Tuesday the 8th.

Note: Menu is subject to change without notice.

Menu for September 2015



**SCV
SENIOR
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
- 1/4 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

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

THE COURSE WILL BE CART PATH ONLY!

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FOOD SPONSORS



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



Visit www.scv-seniorcenter.org to register **TODAY!**

