

# THE MIGHTY OAK

November 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

## Honoring Our Veterans - SCV Senior Center Band of Brothers

by Robin Clough, Volunteer & Recreation Coordinator, SCV Senior Center

About 9.2 million military veterans are over the age of 65, and the SCV Senior Center is honored to be a hub for some of these heroes. Our own band of brothers gathered for a Veterans Day photo shoot organized by Viet Nam veteran Wayne Burns. Some were brought by caregivers in vans. They would not miss the photo shoot in spite of their physical limitations, another battle bravely fought and won.

"No hero here!" insists each veteran describing their military service, including those like Mitch Mitchell who was in the horrific Battle of the Bulge and received a Purple Heart. "I am not a hero, my fellow soldiers are heroes," is their sincere mantra. Most were youths who had never been away from home. WWII Army Veteran Harold Ashton comments, "We were boys who suddenly grew up. I went in a boy and came out a man. Not a hero, just a young man serving his country the best way he could."

"I embarked on an experience of a lifetime serving my country...as my father had done before me," says Veteran Willie Adams, "I was trained as a communication officer, and often worked under dire circumstances. This training taught me so many life skills which I utilize even today."

Korean War Veteran Bernie Katz notes, "The worst was at night, as our guns lit up the sky. We had to retreat four times but with the help of the infantry we always came back. Our unit received the Bronze Star for action under fire." Bernie also received a Purple Heart.

Army Veteran Carl Woerter was stationed in Germany. Carl focuses on the more humane side of his experience. He fondly remembers how they invited children from German orphanages to their USO show. Under his complete care for two days was a 7-year-old orphaned boy who wished for a red Rider Wagon. Carl lights up when he says, "Guess what – Santa Claus gave him

Lionel O'Rourke, Mitch Mitchell, Harold Ashton, Bernie Katz, Bob Hill, Richard Thill, Carl Woerter, Richard Mason, John Torrance, Dave Gilman, George Adams, Rudy Pavini, Joseph Graves, Larry Roques, Michael Dalby, Sal Lozano, Wayne Burns. Front left: Keith Curry and front right: John R. Martin



that wagon!"

Navy Veteran Rudy Pavini was not in combat, but he brought Hungarian Freedom Fighters and their families to safe harbor.

On Veterans Day we pay tribute to the many generations of men and women who were in the United States Armed Forces. We salute their courage and sacrifice and honor their steadfastness in service to our nation. As evidenced by our SCV Senior Center veterans, their character and values still shine and are a model for all: profound humility, tireless commitment to serving our country, gratefulness for lessons learned, and never giving up in spite of the odds.

In 1928 France, General Pershing thanked the troops saying, "Our armies, hurriedly raised and hastily trained, met a veteran enemy, and by courage, discipline and skill defeated him. Without complaint you have endured incessant toil, privation, and danger. You have seen many of your comrades' make the supreme sacrifice that freedom may live...your deeds will live forever on the most glorious pages of American history." We are grateful to all who served, and especially to our SCV Senior Center veterans whose legacy truly lives on.

### What's Inside?

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# Thoughts from Executive Director Rachelle Dardeau: Seasons of Thankfulness

by Rachelle Dardeau, MS, MSW



"Life without thankfulness is devoid of love and passion." – John Henry Jowett

The days are growing cooler, leaves are starting to change color, and as we enter the holiday season there is much for which to be thankful.

November is National Alzheimer's Awareness Month. Experts state that early diagnosis of Alzheimer's or other types of dementia is key to managing symptoms and developing care strategies. The SCV Senior Center offers free brain screenings, and provides you with information to take to your doctor. Speak with Diane at the reception desk or call her at 661-259-9444 to register for your free brain screening. It's always good to know that

your brain is A-OK!

With Veterans Day right around the corner, I want to express gratitude to the many veterans in Santa Clarita Valley. Their service and devotion to our country means so very much, and we certainly owe them a debt of gratitude. I am proud to see so many veterans at the SCV Senior Center, and we are thankful for all they contribute to the community.

Looking past Veterans Day and toward Thanksgiving, we are truly thankful. The Lions Clubs of Santa Clarita and Castaic, the William S. Hart School District, and numerous volunteers and sponsors from the Santa Clarita community are joining forces again this year to provide a traditional Thanksgiving meal on Thanksgiving Day, November 26 at the SCV Senior Center. Doors open at 10:00AM. All seniors of the Santa Clarita Valley are invited to join us for the gourmet Thanksgiving feast. Please call 661-259-9444 to RSVP or for more information.

A resounding Thank You to the tireless, dedicated staff and volunteers of the SCV Senior Center. It is because of their hard work and passion that this continues to be such a welcoming gathering place for the seniors of the Santa Clarita Valley. I am so thankful for all our volunteers do. And last but certainly not least, thanks to all of our seniors, who make the SCV Senior Center such a wonderful, vibrant place to be.



## Contributing Writers:

Jane M. McNamara  
Karen Geller-Shinn  
Lisa Johansen  
Nola Aronson  
Rachelle Dardeau  
Rita Roth  
Robin Clough  
Stephanie Daniels

The Mighty Oak is published monthly by the SCV Senior Center  
22900 Market Street, Santa Clarita, CA 91321

**Tel: 661-259-9444**

**FAX: 661-255-5195**

For Advertising Information Contact:

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

[www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

Production: Prime Publications, Inc  
Tel: 661-294-4444 • FAX: 661-294-4442  
email: [linda@santaclaritamagazine.com](mailto:linda@santaclaritamagazine.com)

## SCV Senior Center Veteran Stories

### Carl Woerter

I was in the Army stationed at a little town in Germany 50 miles from Stuttgart. One morning we were woken up at 2:30 a.m. and were told to get on fair weather gear – it was 28 degrees. A single engine

mail, and dispatches on board. We were transported by truck about 15 miles from our unit and were given flashlights, and we started searching in the woods. After three hours of searching, we found the plane in some high trees. The pilot was dead, and we found all kinds of dispatches and mail. We carried the pilot and all that we found back to camp. That was the same day that they began building the Berlin Wall. That morning our commanding officer gave orders to take the cannons out of the area to a special point to load them with atomic warheads. We had live ammunition, c rations, and were ready to go to war if something did happen. We packed all our personal gear in a duffle bag and piled it in the middle of our rooms while demolition squads planted dynamite under all the buildings.

We invited children from the

German orphanage to the USO Christmas Show. I had a seven-year-old boy to take care of for two days. He wished for a Red Rider wagon, and guess what? Santa Clause gave him that wagon!

I can't talk about the war. My father was in WW1 and didn't talk about it either. I remember Germans looking at the Germans on one side and them looking back



Wayne Burns, Michael Dalby, Joseph Graves, Larry Roques, Sal Lozano

plane went down in our unit which was the 37th field artillery. We were asked to try to locate the plane, the pilot, any



John R. Martin, Mitch Mitchell, Harold Ashton, Lionel O'Rourke



## 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** – 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
- **Tap Dancing** – by Laura Russell, Thurs, 8:30 – 9:15, Rooms A1 and A2

### 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 starting in January 2016, call SCV Senior Center for more information.
- **Intermediate French** – Thursdays, 10 a.m. to 11 a.m.
- **Creative Writing** – Mon., 2 p.m. – 3:30 p.m. Room A6
- **Sharpen Your Computer Skills** – Word and Excel computer classes for beginners, seniors going back to work or anyone interested in learning new skills.
- **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

at us. They didn't have anything, so we shared Christmas dinner with them.

### Willie G. Adams

My military service began at the age of seventeen. I enlisted and embarked on an experience of a lifetime serving my country...as my father had done before me.

My training was that of a communication officer, advising, assisting, and monitoring calls from a switchboard...under sometimes dire circumstances.

This training taught me so many life skills which I utilize...even today.

From the age of 21 to 24, I served in the Texas National Guard...completing a total of 8 years of military service.

### Rudi Pavini

SK3 U.S. Navy storekeeper third class. Started on Aircraft Carrier USS Coral Sea, transferred to U.S.S. Midway. I was not in a hot war, but we were involved in the Suez Crisis and Hungarian Crisis in Late 1950's. We brought Hungarian Freedom Fighters and their families to safe harbor in another country. We served in the Atlantic Fleet and transferred to the Pacific Fleet in

1958.

### Mitch Mitchell

WW II Corporal and saw combat in the Battle of the Bulge in WWII. Made five parachute jumps. Also received the Purple Heart.

### Harold L. Ashton

No heroes here! Entered

U.S. Army with 4/12/45 greeting on the same day President FDR died. Camp Atterbury, Indiana was induction center for an 18-year-old just out of high school. I was then assigned to the U.S. Army Air Force, Shepherd Field, Wichita Falls, Texas. I had just completed basic training when the war was over and training was halted.

I was then assigned to Air Force Fi-



*Carl Woerter, Bernie Katz, Richard Thill, John Torrance, Richard Mason, George (Willie) Adams, Robert Hill, Dave Gilman, Rudy Pavini, Keith Curry*

nances at Shepherd Field. I later transferred to Scott Field near St. Louis, Missouri where I stayed in Permanent Party Finance. I was to be transferred to Boca Raton, Florida Air Base Finance when my discharge was granted early.

I was then accepted to college at Kent State, Kent, Ohio under the G.I. Bill and

**Continued on page 5**



# Adult Day Program

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

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for more information

**SCV Senior Center**

SANTA CLARITA VALLEY COMMITTEE ON AGING

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**National Alzheimer's  
Disease Awareness Month**

**Raise awareness  
in your  
community**



## Understanding Alzheimer's disease and Dementia

by Stephanie Daniels

President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. At the time, fewer than 2 million Americans had Alzheimer's; today, the number of people with the disease has soared to nearly 5.4 million. As the years have passed, research and medicine have devoted countless hours trying to find a cure. A number of studies have been conducted and are underway to slow the progression and prevent the disease.

Although many reports and studies regarding Alzheimer's disease and Dementia have been completed, the question remains, what is the difference between Alzheimer's disease and Dementia? Dementia describes a group of symptoms and is not a disease. Alzheimer's is a disease that evidences symptoms of dementia. When someone is told they have dementia it means that they have significant memory problems as well as other cognitive difficulties, with problems severe enough to get in the way of daily living. Alzheimer's disease affects memory, thinking, concentration, judgment, and ultimately impedes a person's ability to perform normal daily activities. Common diagnoses for dementia could be, Alzheimer's disease, Vascular Dementia, Lewy Body Dementia, and Frontotemporal Dementia. ([www.Alzheimersreadingroom.com](http://www.Alzheimersreadingroom.com))

Although it can still be confusing for people to understand what Alzheimer's disease actually is, often using terms of Alzheimer's and Dementia interchangeably, those caregivers and people dealing with it firsthand can definitely tell you how challenging the disease is.

Learning to cope with Dementia and Alzheimer's disease has proven to be challenging time and time again. Aside from medications being provided, behavioral assistance is sometimes also required. Unfortunately, not many people are aware of help that could be found in your own community.

The Santa Clarita Valley Senior Center has a wonderful Adult Day Program to help with your caregiving needs. Our program specializes in serving individuals with Alzheimer's disease and Dementia. The program is designed to provide structured activities, breakfast and lunch, provide a fun, social, and safe environment for your loved one. The SCV Senior Center Adult Day Program is the only licensed Adult Day Program in Santa Clarita Valley and our goal is to make sure participants not only have fun, but feel successful and maintain their independence and dignity. Our program will allow family caregivers to have the respite care you need and the engaging social environment your loved one needs and wants.

Get involved this month, and help raise awareness for Alzheimer's disease. Please join us for a tour of SCV Senior Center Adult Day Program Monday thru Friday 8 a.m. to 4:30 p.m. to see if we are the right fit for you.

Stephanie is the Director of the SCV Senior Center Adult Day Program and can be reached at 661-259-9444 or [sgodinez@scv-seniorcenter.org](mailto:sgodinez@scv-seniorcenter.org).



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

### November 2015

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

**Wed., Nov. 4, 1pm:** The New Reverse Mortgage, Candy Watson, Reverse Mortgage Specialist

**Thurs., Nov. 5, 9 – 11am:** Flu Shot Clinic at the SCV Senior Center hosted by Henry Mayo Newhall Hospital

**Fri., Nov. 6, 1pm:** Healthy Cooking Class, Lisa Johansen, MS, RD, ENHANCE Program

**Wed., Nov. 11, 1pm:** Palliative Care, Lisa Frost, DNP, ACNS-BC, RN, Palliative Care Program Manager, Henry Mayo Newhall Hospital

**Wed., Nov. 18, 1pm:** Oral Cancer Screening and Awareness, with Dr. Virginia Hughson-Otte, D.D.S., Inc.

**Wed., Nov. 25, 1pm:** Know the Signs of a Stroke, Sheri Friedrich, DNP, PHCMC, Stroke Coordinator, Providence Holy Cross Medical Center

### Health Screenings

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

**Hearing Screenings:** Not scheduled this month

**Diabetes Screening:** Thurs., November 5, 10:30–11:30am in the 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

**Visually Impaired Support Group:** Mondays November 9 and 23, from 12:30 – 1:30pm, Bouquet Canyon Senior Apartments

### Veteran Stories continued from page 3

graduated on 6/5/1950.

I entered the Army Air Force as an 18 year-old boy. I came out as a 21 year-old man. No heroes, just a story of growth of a young man serving his country in the best way he could.

#### Bernie Katz

At the age of 18 I enlisted in the U.S. Army. I took my basic training at Fort Ord, California. Then I was put into the quarter Master Corp. After three months I was sent to Korea and joined the 23rd F.A. Battery. I was in Korea for one year in which time I saw much action. At night it was the worst, as our guns would light up the sky. We had to retreat four times, but with the help of the infantry we always came back. I was called Kitty Cat because of my name. Our unit received the Bronze Star for action under fire. We lost a few guys but we were like family and always looked out for each other. When I got home I was put in the Army Reserves Quarter Master Section. I met a wonderful girl, got married, and had one boy and one girl.

### SCV Senior Center

SANTA CLARITA VALLEY COMMITTEE ON AGING

## Holiday Boutique



Presented by

## SCV Senior Center NeedleCrafters

**Monday, November 16**  
**9:00 a.m. – 12:00 p.m.**  
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## **Partner with SCV's Community Audiologist and Make a Difference for Veterans**

*by Nola Aronson*

I'm committed to serving our community because I believe in the power of giving back and making this a better place for us all to call home. As we prepare to celebrate Veterans Day this month, I'm asking for the community's help in providing support for our neighbors who dedicated their lives to keeping our country safe. Our veterans made great sacrifices on our behalf, many coming home with serious injuries I frequently treat such as severe hearing loss and tinnitus.

They've also faced economic challenges, which is why Advanced Audiology is donating a portion of the proceeds from all November hearing aid purchases by veterans to support the SCV chapter of Habitat for Humanity in its work to complete the Habitat for Heroes neighborhood in Santa Clarita. This community of 78 homes off Centre Pointe Parkway is designed to provide homes for low-income veterans and their families. So far, 26 families have moved in, but donations are still needed to help support move-in costs for future residents. For more information, visit [www.humanityca.org](http://www.humanityca.org).

For 30 years, I've been providing the SCV with personalized service and treatment. We offer a wide array of hearing devices that are powerful and discreet, in addition to always-free hearing screenings and complete hearing healthcare plans that include regular adjustments and free batteries, and we are the SCV's authorized provider for Facey and UCLA Health patients. Get started today by calling 661-877-9061 and scheduling an appointment.

**Continued on facing page**



**Nola Aronson's**  
**ADVANCED AUDIOLOGY**

Authorized Provider for **Facey** and **UCLA Health** patients

# **Help Support Our Veterans!**

**A portion of ALL** November hearing aid sales to veterans will go to supporting the **Habitat for Heroes** low-income veterans housing community in Santa Clarita.

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

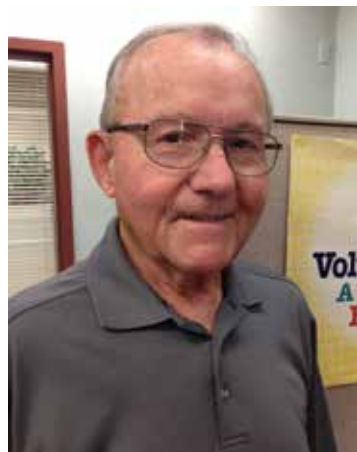
**Join Nola at the Santa Clarita  
Veterans Day Ceremony!**

**Wed., Nov. 11 at 11 a.m.**

Veterans Historical Plaza  
24275 Newhall Avenue

**SCVAdvancedAudiology.com | Facebook.com/NolaAudiologist**





## Volunteer Spotlight – Bruce Serrati

by Robin Clough, Volunteer & Recreation Coordinator

Five years ago volunteer Bruce Serrati was firmly instructed by his daughter to “go to the SCV Senior Center.” Being productive is a Serrati family trait. Bruce was the son of a rural Michigan lumberyard manager, and there was no time for idleness. Bruce had a 50-year career in broadcast management and has an extensive list of volunteer credits including National Ski Patrol, Red Cross First Aid

and CPR instructor, Habitat for Heroes, and the Granada Hills Hospital Foundation. His wife was a community activist and daughter, Jeri Serrati-Goldman, is a tireless powerhouse in helping those in our city.

Bruce is a volunteer home-delivered meal driver, and possesses a depth of knowledge about the program. He steps up when there is a need and volunteers many additional days to complete home-delivered meal routes when another driver is unable to drive. “It’s great to help people,” he comments. “We drivers are the eyes and ears for the home-delivered meal recipients.” Bruce shared one experience in

which he noticed the client rubbing his chest. Concerned, he inquired if the client was ill. The client responded that he had chest pain, so Bruce took action and insisted paramedics be called. The client was having a heart attack, and Bruce potentially saved his life.

Bruce feels that friendships made with other drivers, seniors, and meal recipients are a bonus to the volunteer position. “I’ve made some great friends, and we really enjoy getting together after work.”

The SCV Senior Center is fortunate that Bruce Serrati heeded his daughter’s advice and followed the family philosophy that “everyone should be obligated to help the community.” This community service provider would like to thank Bruce for his years of dedication and service to the SCV Senior Center.



### Continued from facing page

This month, I hope you’ll make the decision to invest in improving your hearing, and in benefiting the lives of veterans here in the Santa Clarita Valley.

Nola Aronson, M.A., CCC-A, is owner and founder of Advanced Audiology. In 2014, she was named Community Champion at the SCV Leadership Awards, and was nominated as Business of the Year for the 2015 VIA Awards. For more information, visit [www.scvadvancedaudiology.com](http://www.scvadvancedaudiology.com).

**Braille Van**  
will be at the SCV Senior  
Center on Monday,  
November 9 from  
10:00 am to 2:00 pm

*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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 RCFEA License Pending

**SCV Senior Center**  
SANTA CLARITA VALLEY COMMITTEE ON AGING



**Tap Dancing**

Instructor Laura Russell  
Begins Thursday, November 5, 2015  
**Thursdays, 8:30 – 9:15 a.m.**  
**Rooms A1 and A2**  
**\$5 per class**

Discover the joy of dancing! All levels welcome!

Experts say whether you’ve got rhythm, or just crave it, the purely American art form of tap dance can boost your balance, cardio and core. Rhythmic aspects of tap dancing are good for the brain. Laura Russell has taught tap dancing in Santa Clarita for over 20 years. She encourages everyone to join the fun!





## Good Planning for You and Your Family

by Jane M. McNamara, Elder Law Attorney

As an Attorney, and more specifically an Elder Law attorney, I handle many issues involving death, dying, chronic long-term illness, and dementia. Some issues are very complex, and some are not. Some issues involve health crises, and some involve pre-planning. But all clients need good, solid, legal advice with a plan, as well as a clear explanation of the plan, and how it benefits the client and their family. For our clients, planning and analysis generally focuses on the following:

Making it: Tax Planning

Keeping it: Asset Protection Planning

Caring for it: Paying for dementia/stroke care without going broke

Passing it on: Estate Planning to pass assets to the next generation easily

Tax planning is important -- we must look at income tax, estate tax, capital gains tax, and other types of taxes. Uncle Sam won't give you a free pass - you must plan and use their rules to your benefit. Most people don't understand the tax rules, and unknowingly make mistakes that can be easily corrected, with the right information.

Asset Protection Planning is critical for those with dementia, history of stroke, or other chronic illness. Skilled nursing facility costs now exceed \$100,000.00 per year. The ability to apply for Medi-Cal and protect the home and other assets is critical.

**Paying for Care:** Many seniors are independent one day, and in the hospital the next. Strokes are a game changer, and put many seniors in skilled nursing facilities. Alzheimer's and dementia are now at epidemic proportions, and as the disease progresses, expensive care outside the home is typically required. Medi-Cal, VA benefits, and other resources are important to help pay for the high cost of care. Knowing the options is very important, so wise choices may be made.

**Passing it on:** Everyone hears the horror stories of the Probate Court. Unfortunately, there are many ways to end up in the probate court -- most of which could be avoided with proper planning. I often see ambiguous or poorly written trusts needing court interpretation after the person dies. Many of these trusts are written by non-lawyers, who don't understand many aspects and intricacies of correct estate planning. Understanding your options, and having your wishes in proper legal and tax form, is extremely valuable.

For more information, please call the McNamara Law Firm at 661-287-3260, or visit [www.themcnamaralawfirm.com](http://www.themcnamaralawfirm.com). National attorney association LCPLFA (Life Care Planning Law Firms Association) re-elected Valencia California Attorney Jane M. McNamara to a second term as a Board Director at the organization's annual meeting earlier this month in Pittsburgh, PA. Attorney McNamara has been serving the unique needs of the elderly for many years, and has been a lawyer since 1991. The McNamara Law Firm focuses on assisting seniors, the elderly, and the disabled obtain services, care, and appropriate public benefits so they can enjoy the highest quality of life possible.

## 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



### McNamara Law Firm, PC

*An Elder Law & Life Care Planning Firm*

28212 Kelly Johnson Parkway, Suite 110 Valencia, California 91355

Phone (661) 287-3260 • Fax (661) 287-3921

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# TRIPS & TOURS

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

## Golden Nugget Hotel & Casino Las Vegas

Monday, November 9, through Wednesday, November 11

Price: \$149 double • \$199 single

Departs Mon., November 9 at 8 am

Returns Wednesday, November 11

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!



## Newport Harbor Christmas Boat Parade of lights!

Wednesday, December 16

Price: \$65, (Dinner on your own)

Departs 1:30 pm & Returns approx. 9:30 pm

No Refunds after November 16, 2015

Beautiful multi-million dollar yachts, kayaks, canoes and other small boats will light up the harbor as a dazzling array of holiday lights and music fill the air at the Newport Beach Christmas Boat Parade. Many of the boats will be richly decorated with animated Christmas scenes accompanied by music and costumed carolers. The Newport Beach Christmas Boat Parade, which has been hailed as "one of the top ten holiday happenings in the nation" by the New York Times, is truly a magical holiday tradition for all ages.



Judy Penman

## What does HICAP Mean?

HICAP MEANS - Health Insurance Counseling and Advocacy Program which is a state -registered volunteer Counselors program which provides unbiased information, counseling and assistance on Medicare and related health care coverage including original Medicare Part A&B, Medicare Presentation, Medicare Part D drug, Medicare Advantage--HMO's, and Medigap Insurance, Medi-Cal, and savings programs.

There is a lot to know when you turn 65 but it is not scary--it is an education. In an hour meeting you can learn how to deal with your Medicare Insurance and who pays what. Come by to see Judy Penman in the Supportive Services office any 2nd or 4th Thursday from 1:30 p.m. to 4:30 p.m. Judy will help you with your Medicare questions, you can usually find Judy somewhere in the SCV Senior Center volunteering to raise funds for our wonderful seniors!



## Coming Soon:

Disney Concert Hall w/ lunch at Phillippe's for the famous French Dip sandwiches.



## Meet the Author and Book Signing

by Karen Geller-Shinn

Marty Baxter will join with the NeedleCrafters Holiday Boutique on Monday, November 16 in selling her book, "Laughter All the Way: Poems Puns and Parodies". Although publishing her first book at 93, Marty had been a published writer for many years. She wrote for The Mighty Oak for 8 years as a reporter for Summerhill Villa, she wrote commercial jingles, articles and arrangements for music books and magazines, and special material for TV shows and entertainers including her favorite, Lily Tomlin, and she wrote a regular column for the Summerhill Villa residents' newsletter, Villa Voice.

Laughter and good humor are critical to successful living says Marty, and she has been penning her poems, puns, and parodies for decades. Now onto a new chapter, she is sharing her humorous wisdom with a wider audience. Laughter All the Way acknowledges the foibles and vicissitudes of aging always from an enjoyably positive point of view.

Her book sale is a SCV Senior Center fundraising event, and well-timed for anyone looking for a gift that will bring a smile to the receiver!

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**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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## Senior Center Scholar Series

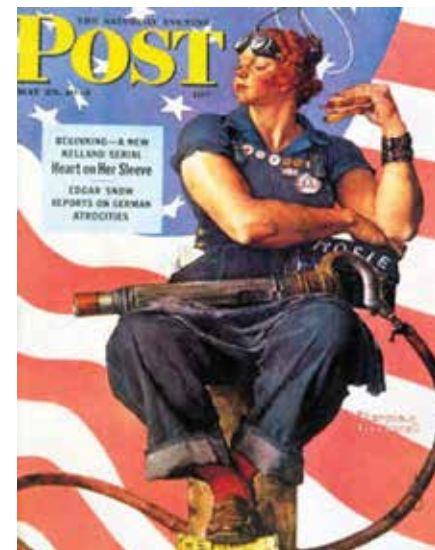
### Rosie the Riveter, a Historical Reenactment with Louise Willard



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

Thursday, November 12  
1:00 - 2:00 p.m.  
Rooms A-1 & A-2

American women entered the workforce in unprecedented numbers during World War II, as widespread male enlistment left gaping holes in the industrial labor force. "Rosie the Riveter," star of a government campaign aimed at recruiting female workers for the munitions industry, became perhaps the most iconic image of working women during the war. Based in small part on a real-life munitions worker, but primarily a fictitious character, the strong, bandanna-clad Rosie became one of the most successful recruitment tools in American history and the impetus for launching future women into the work field.



# Thanks, Henry Mayo.



**Henry Mayo**  
Newhall Hospital



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





## Don't Worry, it's Only a Flesh Wound

by Rita Roth

I watched a movie on television last night. It was a pretty good story with well-known actors. A plot that was not unusual, good guys versus bad guys sort of thing but interesting enough that it kept me from dozing off.

But then it morphed into something utterly ridiculous. Our hero meets up with a whole band of bad guys. As expected, they are not there to invite him to tea. In unison they punch him, kick him and so on. Now keep in mind that these are not puny little fellows they are all big and brawny, more than capable of inflicting great bodily harm and all very, very mean. You can tell that they are mean because all of them are in need of a shave, always, in movies an indication of not very nice persons.

The beating goes on for several minutes during which time Mr. Good Guy sustains trauma to several of his body parts, punches to his abdomen and lots of kidney kicks, not to speak of much face pummeling.

The bad guys tell Mr. G.G. That this was just a warning, next time they will really get tough. Then the bad guys leave. Now common sense tells us that no mere mortal could endure this type of punishment and come through relatively unscathed. I would imagine that it would take at least several weeks to recover. In fact for some people it might take several weeks just to get up off the floor.

But not for our hero. In the next scene he is with his lady friend who is dabbing his face with a cloth and applying a couple of band aids. As the scene fades there is an implication that they will very soon be indulging in mad passionate love-making. What a guy.

Now I realize that movie makers cannot change an action movie into a hospital drama in midstream. But in the interest of some kind of realism what if there was a depiction of time moving forward... a clock with moving hands, winter changing into spring or something like that, then you could have Mr. G.G. saying goodbye to the orthodontist, orthopedic surgeon, plastic surgeon, internist, all the experts who helped put him back together. He could then go back to what he was doing with very little interruption to the plot. In my opinion this would actually make for a better movie, but then, it's only my opinion.

## Consulting Nutrition Services at the SCV Senior Center



Hi, I'm Lisa Johansen. I'm a registered dietitian with a master's degree in nutritional science. Some of you already know me. Others of you have probably seen me floating around the center. I want to take this opportunity to introduce myself to you and let you know about the free services I offer.

I do a variety of things at the SCV Senior Center, including teaching a healthy cooking class once a month and conducting a diabetes clinic, also once a month. In addition, I do nutrition consults for those participating in the home delivery meal program. I also offer one-on-one nutrition consults for you at the center. All of these classes and sessions are free.

My background includes working as clinical dietitian and health educator for Kaiser Permanente. I also teach nutrition classes and conduct blood pressure and diabetes clinics at other senior centers in Los Angeles County. I'm also the author of two books, the award-winning *Fast Food Vindication* and the bestselling *Stop The Diet, I Want To Get Off!*

My diabetes clinic typically meets from 10:30 a.m. to 11:30 a.m. in the reception area the first Thursday of each month. The healthy cooking class usually meets in Room A2 from 1 p.m. to 2 p.m. on the first Friday of each month. Look for the flyers and listings on the white board as you come in the front door of the center. With regard to nutrition consults at the center, I'll be announcing those at lunch in the near future.

I look forward to seeing you in the weeks and months ahead!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fish and Chips	3 Taco Salad	4 Russian Chicken (sweet creamy red sauce over chicken)	5 Penne Marinara with Meatballs	6 Galinhada topped with Farofa (Brazilian chicken stew w/tomatoes & onions)
9 Gosht Pulao (cubed beef and pork stew with indian spices)	10 Sweet and Sour Chicken	11 Pulled Pork Sandwich	12 Lemon Caper Chicken (chicken with lemon wedges & capers)	<b>Choice Day</b> 13 A) Pork Enchilada Casserole or B) Vegetarian Quiche
16 Cranberry Chicken (chicken with cranberry sauce)	17 Braised Pork Stew (pork with onion, yellow bell pepper, garlic, tomatoes, rosemary and thyme)	18 Chicken Piccata (chicken with sauce of lemon, garlic & capers)	19 Chili Egg Puff	20 Pescado Veracruz (fish fillets braised with tomatoes, capers, olives & herbs)
23 Pasta Bolognese (pasta with slow simmered meat sauce)	24 Salade Nicoise with Tuna (Salad of beets, tomatoes, green beans, cucumber, & black olives)	25 Meatloaf and Gravy	26 <b>HAPPY THANKSGIVING</b>	27 <b>CENTER CLOSED</b>
30 Chicken Supreme (chicken with mushroom cream sauce)	<b>Choice Day is for Congregate Sites only. HDM Recipients will receive Option A.</b>			

Note: Menu is subject to change without notice.

# Menu for November 2015



# *Thanksgiving Day Celebration*

***Thursday, November 26, 2015***

Doors open at 10:00 AM

*Seniors, please RSVP at (661) 259-9444*

The Santa Clarita and Castaic **Lions Clubs** have joined again with the **William S. Hart Union School District** to host a gourmet Thanksgiving feast at the Santa Clarita Valley Senior Center. Students, parents, teachers, Scouts, church members, Lions, and others have volunteered to decorate, prepare, cook and serve food, clean-up, and provide entertainment. Numerous individuals and businesses have donated dollars, food, and services to make this Thanksgiving a very special day for our SCV seniors.



Castaic Lions Club  
and Santa Clarita Lions



William S. Hart  
Union High School District