

THE MIGHTY OAK

December 2015

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

Celebrate the Holidays and the Heart of SCV Senior Center!

by Linda Alexander-Lieblang, Associate Executive Director

As we look forward to this wonderful holiday season, we know that one of the reasons the SCV Senior Center holidays are so special is due to our tremendous volunteers. On any given day we have over 75 to 100 volunteers assisting with the operations of the SCV Senior Center. From packing meals and serving meals, to driving our cubes to provide home delivered meals, to providing

activities in our Adult Day Program, to playing music in our dining room, to answering the phone in support services, to planning & operating our Trips & Tours, to setting up and cleaning the dining room, to knitting & crafting, to inputting information into the computer, to planning and executing our special events, the list goes on and on.



We literally could not provide all of the services we provide each day without the daily support of our devoted volunteers. Our volunteers truly are the heart of our organization as we all work each day to promote quality of life for seniors.



We would like to take this time of the year to thank our volunteers for their service and invite them to join us for a holiday celebration especially for them on Thursday, December 10th from 2:30 p.m. to 3:30 p.m. We hope all of our volunteers will join us to celebrate this holiday season. We wish you and your loved ones a safe and joyous holiday season.



What's Inside?

Classes at The Center 3
Health & Wellness Schedule...5

Trips & Tours.....9
December Menu.....11

Thoughts from Executive Director Rachelle Dardeau: Seasons of Thankfulness

by Rachelle Dardeau, MS, MSW



The holiday season is here and the SCV Senior Center is bustling with music, parties, good wishes, generosity, and many activities.

My sincerest gratitude to the numerous individuals and businesses that donated dollars, food, time, talent, and services to make Thanksgiving Day a very special day for Santa Clarita Valley seniors. The Santa Clarita and Castaic Lions Clubs joined with the William S. Hart Union School District to host a gourmet Thanksgiving feast for hundreds of seniors at the SCV Senior Center. Our volunteer Home Delivered Meal drivers volunteered their holiday

to deliver meals to homebound seniors. The day was a wonderful celebration of giving and gratitude.

Hanukkah and Christmas are yet other opportunities to share the fruit of our hard work, good fortune, and talents with others. Many individuals and businesses are already asking how they can help seniors in need. The Be A Santa to A Senior program is in full swing! Please contact Robin Clough, Volunteer and Recreation Coordinator to find out how your gift of time, talent, and dollars can make a difference in the life of a Santa Clarita Valley senior.

Please look at the calendar of events in this issue of the Mighty Oak, and join us for the many exciting activities this month. My best wishes for a Happy Hanukkah and a Blessed Christmas to you and yours.



Be a Santa to a Senior

Some amazing holiday spirit is multiplying throughout the SCV Senior Center again this year thanks to the efforts of Home Instead Senior Care.

Home Instead is part of a nationwide network of other Home Instead Senior

Care agencies that participate in the annual "Be a Santa to a Senior" campaign. This local home care company has recently gathered hundreds of donated gift items from various businesses and community members that are now being delivered by SCV Senior Center Care Managers and volunteers to home bound seniors that are participants of our Home Delivered Meal program.

This is a beautiful program that gives seniors a special reason to smile and celebrate this the holiday season. A heartfelt thanks to owners Charlene Perrone, Joel Green, and their dedicated staff for being a "Santa to our Seniors" once again.

Thank you! Thank you! Thank you!

To the ladies in the 8:30 a.m. fitness class for their generous donations to the SCV Senior Center food pantry. The class asked in July what they could do to help us. At that time our pantry shelves were pretty bare.

Now, thanks to them, we have enough peanut butter, tuna, soup, fruit, vegetables, and ensure to assist everyone who needs our help. They gave us Christmas in July and continue to replenish the food pantry each month!



Contributing Writers:

Jane M. McNamara
Kay Waggoner
Linda Alexander-Lieblang
Nola Aronson
Rachelle Dardeau
Rita Roth
Robin Clough
Sarah J. Stevenson

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

Production: Prime Publications, Inc

Tel: 661-294-4444 • FAX: 661-294-4442

email: linda@santaclaritamagazine.com

What Should I Say?

by Kay Waggoner



Merry Christmas, Happy Hanukkah, Joyous Kwanzaa, Happy Holidays? These days, it is so hard to know what holiday greeting to say to other people. Everyone is so afraid of being politically incorrect.

Afraid that they will offend someone. When I was younger, I would always wish everyone I met a "Merry Christmas". Never thought anything about it. But now we are told to respect other religions at this time of year. This country was founded on religious freedom. Everyone should be able to worship in their own way and have their own beliefs.

So what do we say if we are not sure? Maybe we should just say something nice to each other, or do something nice for each other. Or maybe we should just say which ever greeting works for us and hope that the other person will just smile and say "thank you".

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** – 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., 9:30 – 10:20 in the Dining Room

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., 8:30 a.m. – 9:20 a.m., Rooms A1 & A2
- **Sit & Be Fit Chair Exercise** – Mon., Wed., Fri., 9:45 a.m. to 10:15 a.m., Dining Room
- **Zumba Gold** – Mon., Wed., Fri. 3:30 p.m. to 4:15 p.m., Dining Room

Lifelong Learning

- **Archaeology & History Discussion** – Tues., 9:30 a.m. to 11 a.m., Room A1 free
- **Beginning French** – Wed., 10 a.m. – 11 a.m.
- **Billiards Lessons for Ladies** – Tues., Beginners 6 p.m. to 7 p.m., Intermediates 7 p.m. to 8 p.m. in the Senior Center Billiards Room with Instructor Russ Evans
- **Computer Class** – PC and Mac 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

Thanks, Henry Mayo.



henrymayo.com/stories



All Adults Should Plan for Incapacity

by Jane McNamara, Elder Law Attorney

The term "incapacity" means the inability to make reasonable decisions regarding one's financial and personal affairs. Individuals typically are incapacitated when they have a traumatic brain injury due to an event such as an accident or stroke; or experience a mentally debilitating illness. For many seniors, incapacity often occurs due to Alzheimer's, Parkinson's, or other diseases marked by dementia. Incapacity can have severe consequences for aging adults and their family, especially if the aging adult did not plan for incapacity in advance. Bill paying, health care decisions, and other personal matters becomes extremely difficult for the family member trying to take care of the ill person. The best way to deal with incapacity is to plan for it while one is still of sound mind.

If a person still has mental capacity, he or she can use a Durable Power of Attorney (DPA) for personal matters, an Advance Health Care Directive to manage health care, and possibly a Living Trust to manage assets. If a person no longer has mental capacity, and they did not plan for incapacity earlier in life, these devices are no longer available. A Petition for Conservatorship may need to be approved by a judge in order to handle that person's financial affairs and personal care.

A POLST (Physician's Order for Life Sustaining Treatment) is another form of advance health care planning where the ill person or legally authorized surrogate can express end-of-life care preferences. The bright pink form instructs providers about what to do regarding CPR, comfort care measures, artificial nutrition and hydration, and other important treatments. A POLST must be signed by a physician and is an actual medical order that nurses and nursing assistants must follow. The document is intended primarily for people who are terminally ill as a way to control their end-of-life care. POLST's are used along with Advance Health Care Directives, and each legal document has their own important powers.

Every person over 18 should plan for possible incapacity. Getting the correct legal documents in order before incapacity occurs saves time, money, and heartache later on.

For more information, or to make an appointment, please call the McNamara Law Firm, PC at 661-287-3260. Additional information is on our website at www.themcnamaralawfirm.com.

Braille Van

**will be at the SCV Senior Center on Thursday,
December 10th from 10:00 am to 2:00 pm**

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

www.themcnamaralawfirm.com • www.VAbenefits4seniors.com

Health Education & Wellness Schedule at the SCV Senior Center

December 2015

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

Wed., Dec. 2, 1pm: Medicare Part D, Presented by a Representative from the Center for Health Care Rights

Fri., Dec. 4, 1pm: Healthy Cooking Class, Lisa Johansen, MS, RD, ENHANCE Program

Wed., Dec. 9, 1pm: Arthritis Education, Pam Geyer, JD, RN-BC, CFN, FACFE, DABFN, Manager Joint Replacement & Spine Surgery Program, Pain Management, Henry Mayo Newhall Hospital

Wed., Dec. 16, 1pm: The Salvation Army Services & Senior Services, Laura Bloom, Ministry Leader, The Salvation Army

Wed., Dec. 23: No program – In Observance of the Christmas Holiday

Wed., Dec. 30, 1pm: Senior Burn Safety, Debbie Karaman MPH, Burn Prevention Educator, Grossman Burn Center

Health Screenings

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

Hearing Screenings: Not scheduled this month

Diabetes Screening: Thurs., December 3, 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: No meetings in December

At the SCV Senior Center

Free Brain Wellness Screenings
with Dr. Taryn Klein-Wach, Psy.D.

To schedule a 30-minute
free screening
appointment,
contact the
SCV Senior Center
at 661-259-9444



Comfort Keepers In-Home Care



**Comfort
Keepers.
In-Home Care**

*Comforting Solutions
For In-Home Care®*

**Customized Care Plans
can include any or all of:**

- In-Home Companionship
- Medication Monitoring
- Meal Preparation
- Alzheimer's/Dementia Care
- Personal Care Assistance
- Bathing & Incontinence Care
- Transportation (Doctors, etc.)
- 24/7 Care Available
- Free In-Home Consultation

Endorsed By:



Certified By:



**Voted Best
Home Care In
Santa Clarita
6 Years in a Row**

(661) 287-4200

www.comfortkeepers.com



Quality is what
you **SEE.**
Service is what you
EXPERIENCE.
Care is what
you **FEEL.**

- Warm, Intimate Community Setting
- Experienced Assisted Living Care Team
- Award-Winning Connections for Living by MBKSM Memory Care Neighborhood
- Healthy Chef-Prepared Cuisine
- Creative Full-Time Activities Program

**Call 661.254.9933 or
visit us today!**



Summerhill Villa
MBK SENIOR LIVING

24431 Lyons Ave., Santa Clarita, CA • MBKSeniorLiving.com

Lic.#1976073143

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*

Assisted Living & Memory Care
Oakmont
of Santa Clarita

28650 Newhall Ranch Rd
Santa Clarita, CA 91355
661-430-6193
oakmontofsantaclarita.com



Is your loved one in angst every time a new person is added onto their care team? They don't have to be. Use one company to manage all their aging life needs. Advocacy, Care Management, Personal Business Assistance, and More.



Elder Life Connections
Providing Seniors and Their Families with
Information and Solutions.

(877) 202-4842

info@ElderLifeConnections.com
ElderLifeConnections.com

15 Things You Can Do in 2016 for Healthy Aging

by Sarah J. Stevenson

Healthy Aging for Your Body

1. Choose healthier foods. Make sure your diet includes plenty of whole grains, colorful fruits and vegetables, lean protein such as fish and chicken, low-fat dairy products, healthy fats such as canola and olive oils, as well as a multivitamin supplement. The right diet will help you maintain a healthy weight and contribute to positive emotional and cognitive health, too.

2. See your healthcare provider regularly. An annual physical can help you detect and prevent illnesses and medical conditions that tend to pop up as we age, like high blood pressure and osteoporosis. Also, your doctor should be kept apprised of all your medications and other supplements to ensure that you're taking them safely and avoiding any drug interactions. Lastly, make sure to ask if you need any immunizations, vision or hearing tests, or screenings for certain types of cancer or other conditions.

3. Amp up your fitness. We often put "exercise more" on our New Year's resolution list, but the key to successfully getting fit is to set reasonable goals and pick an activity that appeals to you – it'll increase your likelihood of sticking to a workout plan, up your chances of success and boost your feelings of accomplishment as you get there. A great way to start is by joining a walking or sports club or trying a new exercise class: fellow fitness companions can provide encouragement, accountability, and social interaction.

4. Quit smoking and limit alcohol intake. Simply by quitting smoking, you can reduce your risk of a myriad of health problems as you age, such as heart disease or COPD. You'll also sleep better and have more energy. Excessive alcohol consumption, too, can contribute to physical and mental health issues; the recommended maximum for older men is 14 drinks per week and for older women it is 7 per week, according to the American Geriatrics Society's Health in Aging Foundation.

5. Get enough sleep. Contrary to popular wisdom, older adults need just as much sleep as younger adults: about 7-9 hours per night, says NIH Senior Health. Aging brings on some natural changes in sleep patterns, such as increased difficulty falling asleep, but very poor, disturbed sleep is cause for concern. Poor sleep can lead to depression, cognitive problems and lower quality of life, so contact your doctor or a sleep specialist if you have trouble sleeping at night or have excessive sleepiness during the day.

6. Assess your home for safety. Help prevent falls – a leading cause of injuries and death in older adults – by checking your home for hazards such as stray electrical cords or loose throw rugs. If needed, improve the lighting (particularly in walkways and bedrooms) and install grab bars in bathrooms or anywhere a handhold is necessary.

7. Get organized about health, fitness, and medications. At the beginning of the year, get down on paper your plans for physical exercise (such as fitness classes), annual checkups, health screenings, dental visits, and so on. Also make sure you have an updated list of prescription and over-the-counter medications for

Continued on page 9



Give Yourself the Gift of Hearing Better for the Holidays

by Nola Aronson

In my 30 years as a community audiologist, I've lost count of how many times I've seen the look of joy on someone's face when they regain the power of healthy hearing. To again be able to clearly hear and understand your loved ones; to have clear communication; to not feel left out from the world – that

is truly a powerful experience.

Healthy hearing really is a gift that makes a lasting difference, and it's a gift that you deserve.

You don't need to keep struggling to hear those family conversations during holiday dinners. If you're dealing with hearing loss, now is the perfect time to schedule a free hearing screening with us to assess your hearing, identify the risks and, most importantly, develop a plan for ensuring your hearing health.

As the Santa Clarita Valley's most trusted audiologist, we place an emphasis on patient-first care and offer a wide range of hearing aids that are powerful and discreet. Our hearing healthcare services include free adjustments, settings and batteries. We're also the SCV's authorized provider for Facey and UCLA Health patients.

Healthy hearing has proven positive impacts on whole-body health and social interaction. Additionally caring for your hearing now can even help lessen the risks for serious health problems such as depression, dementia and Alzheimer's disease.

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.

Call us today at 661-877-9061 to schedule your free hearing screening. This holiday season give yourself the gift of better hearing. For more information, visit www.scvadvancedaudiology.com.

Holiday Extravaganza!

Silvertone Holiday Concert

Thursday, December 17 • 2:30 p.m. to 4:30 p.m.

Senior Center Dining Room

The Senior Center Silvertones and Musicians, under the direction of John Swinford, perform a spectrum of memorable holiday tunes.

Donations Accepted
Art Exhibit – Featuring the works of SCV Senior Center art students.

Frozen Yogurt Social
– hosted by Santa Clarita Junior Chamber International and featuring delicious Golden Spoon Yogurt.



THE SCV'S MOST TRUSTED AUDIOLOGIST



Nola Aronson's
ADVANCED AUDIOLOGY

Give the Gift of Hearing Better for the Holidays.

Don't miss out on those important family conversations.

- Powerful, discreet hearing aids
- Free adjustments, cleaning & batteries
- Qualify for a *no-obligation trial* and get a \$10 coupon for your holiday turkey or ham

**Schedule Your
FREE Hearing Screening**

661.877.9061



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

For 30 years, Nola has devoted herself to serving the community through quality hearing healthcare.

Authorized Provider for
#Facey and UCLA Health patients

23822 Valencia Blvd., Suite 103, Valencia
"Look For the Purple Sign"

SCVAdvancedAudiology.com
Facebook.com/NolaAudiologist

ADULT DAY PROGRAM "GIFT FROM THE HEART"

Being the caregiver for someone living with Dementia is an emotionally and physically challenging task. Caregiving is a 24-hour job, which requires sacrifices that the entire family must make. This holiday season we would like to be a resource by offering you a "Gift from the Heart." This "Gift from the Heart," when used by new families will cover the cost of two days in the Adult Day Program when attending five days in one week. This gift is good for one week only. Your loved one will benefit from the care of our highly-trained Adult Day Program staff, while you have an opportunity to finish some holiday shopping or get some much needed rest. To schedule a tour, or to find out more about how the SCV Senior Center Adult Day Program can best serve your needs, please call (661) 259-9444 and ask for Stephanie Daniels. We want you and your loved one to have a gift from our heart this holiday season.



Be Prepared Safety Tips

Prepare Your Property:

- Check your property, clearing all private drains and rain gutters and disposing of all trash and yard clippings/trimmings in green waste containers.

- If you have a rain barrel, check to make sure the downspouts are clear of debris and that the connection is working properly. Be sure to remove the overflow drain cover.

- Inspect your roof to check for loose tiles, holes, or other signs of trouble.

- Visually inspect retaining wall drains, surface drains, ditches, etc. for obstructions, or other signs of malfunction. You should do this after the rain as well.

- As a precaution, try to avoid having large bare areas which could be sources for mudflows during a storm. Add vegetation in these areas that may need it.

Prepare Your Vehicle

• The Lights

1. Make sure all the vehicle lights inside and outside are functioning properly.

2. Check vehicle fuses.

• The Tires

1. Traction is the key to good movement when turning and stopping on wet surfaces. The deeper the tread on your tires, the more water can be channeled out from under the tire and the more traction you'll have.

2. Check your owner's manual or door frame for the maximum pressure amount for your tires. Do not go above that pressure point.

3. Make sure to have the same tires on all four wheels. This will keep your car stable.

4. Insure that your spare tire is in good condition and properly inflated.

• The Brakes

1. Have the brakes checked by your mechanic.

• The Windshield Wipers

1. Keep the windshield wiper reservoir full.

2. Make sure wipers are in good condition (blades that streak should be replaced). Replace your windshield wipers at least once a year.

- Keep the gas tank half full at all times.

- Overall, be careful driving in the rain this season. Drive

slower, maintain a larger distance between you and the next vehicle, and don't allow any distractions (cell phones, GPS, radio) to keep you from driving safely!



"I LOVE MY INDEPENDENCE, BUT... I COULD USE A LITTLE HELP"



Home Instead
SENIOR CARE®

To us, it's personal™

661-254-8701

Our exclusive Hospital-to-Home Program helps eliminate unnecessary hospital readmissions.

Trusted, professional one-on-one care:

-Dietary Meals	-Hospital-to-Home
-Bathing	-Dressing
-Walking	-Exercising
-Lifelinekeeping	-Linens/Laundry
-Med Reminders	-Errands
-Transportation	-Care Management

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

TRIPS & TOURS

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

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.

San Manuel Indian Bingo & Casino

Tuesday, January 19, 2016

Price: \$28.00

Lunch on your own - No Refunds!

Departs 9 am • Returns approx. 7 pm



Come take a spin on any of the over 3,600 hot slot machines. Pull up a seat at one of their table games locations throughout the Casino and play Vegas-style blackjack, Pai Gow, or other exciting games. Up the ante in their smoke-free poker room playing 7-card stud, hold 'em, and more; convenient tableside food and beverage service available.

Healthy Aging continued from page 6

your doctor, and throw away any expired medicines.

Healthy Aging for Your Mind

8. Learn something new. Reading a book, joining a book group, or enrolling in a class at your local community college or learning annex helps keep your mind engaged and stimulated, which in turn can help ward off cognitive decline and protect against Alzheimer's disease and other forms of dementia.

9. Challenge your cognition. Another great way to strengthen your brain and prevent dementia is by challenging your mind in the short term, with games, puzzles, brain teasers, trivia quizzes and other types of mental activities.

10. Reach out if you feel depressed or anxious. According to Health in Aging, approximately 20% of older adults suffer from depression or anxiety. If you experience signs such as sadness, irritability, excessive worry, and/or loss of pleasure in activities you once enjoyed – or if you notice these symptoms in a loved one – be sure to reach out to a healthcare provider if they last more than two weeks. Don't forget to reach out to friends or family for support, too.

Healthy Aging for Your Spirit

11. Practice yoga or tai chi. Not only are these gentle forms of exercise great for older adults because they increase balance, strength and flexibility, they are also wonderful for improving mood, reducing stress and promoting mental tranquility. There are even yoga and tai chi classes aimed specifically at the needs of older adults or those with physical impairments.

12. Learn how to meditate. Contrary to some of the stereotypes, meditation isn't esoteric, exotic or New-Agey – in fact, it's one of the most effective non-drug approaches to stress reduction. Meditation has recently been proven to have biological effects, too, including the possibility of helping us live longer: stud-

ies on people who meditate have shown that they have longer telomeres, the caps at the ends of our chromosomes which tend to wear down with age.

13. Travel somewhere new. Whether it's a weekend away, a fun-filled cruise, or the trip of a lifetime, vacations can help us reconnect with our selves, learn about other places and meet new people. If you enjoy group travel or organized tours, check with your college alumni association, which may offer educational travel, or research the options available from Elderhostel's Road Scholar program.

14. Laugh more. You've read again and again about the mental and physical health benefits of laughter – according to the Mayo Clinic, it can help with immediate stress relief, muscle relaxation and stimulation of the heart and lungs, as well as improving your mood, boosting your immune system and relieving pain. Get a few more laughs into your life, whether it's reading a funny book, seeing a comedy movie with friends, or even trying laughter yoga.

15. Change how you think and talk about aging. The Huffington Post's Rachel Adelson recommends that we all make fewer "old" jokes (which can fuel stereotypes and making people feel worse about the aging process), and try to view aging more positively and realistically. "Speaking realistically will make it easier to talk pragmatically about changing needs; it will reduce denial and open the door to important cross-generational discussion," Adelson says. Whether you're planning to get healthy, get happy, or learn something new, if you approach your new goals with optimism and energy – and set achievable milestones – you'll have plenty of reason to be proud of yourself by the time another year has passed. (Source: <http://www.aplaceformom.com/blog/12-31-14-healthy-aging-2015/>)

2015 Year-end Contribution



Thank you to all those who donated time, talents, and treasure to the SCV Senior Center this year.

During this time of Thanksgiving and holiday giving, your tax-deductible



donation to the SCV Senior Center supports programs and services that make the SCV Senior Center a better place for seniors.

Thank you for thinking of the SCV Senior Center for your 2015 year-end contribution.

Give the SCV Senior Center a Hand

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

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

My (non) Sense of Direction

by Rita Roth



There are some folks who can go to a strange city, somewhere where they have never been before, and are able, with no apparent effort, to navigate their way around and not get hopelessly lost. I am not one of them. In fact I am the sort of person who can get lost in a place where I have lived for umpteen years. To illustrate: one time when I still lived in London, the place where I was born and grew up, I became lost looking for a subway entrance. I stopped to ask directions from a passing stranger. He was very helpful and showed

me exactly the street that would take me to my destination it was quite embarrassing for me because the person who came to my rescue turned out to be an American tourist, who was visiting London. I should have been the one helping him to find his way around the city of my birth; as I said it really was quite embarrassing.

The first time I can remember that my (non) sense of direction manifested itself was when I was about six years old. I had been sent to the headmaster's office for the crime committed of my refusal to eat my lunchtime tapioca pudding. Therefore, I must carry the pudding and take it to the headmaster. (Why I should be taking him my tapioca pudding remains a mystery). So there I was, walking through endless corridors, carrying my little bowl of pudding, looking in vain for the office of the headmaster. I walked and walked through the school, first one way then the other to no avail. Finally, giving up the search I placed the bowl on a window ledge. For all I know it is there still.

In an effort to help me overcome my directional shortcoming, my guy Christopher has tried to give me little hints. For instance he explained that Avenues run north and south, while streets run east and west. At least I think that's what he said. Anyway, to help me remember this bit of wisdom, I wrote this little poem.

I've heard it said by word of mouth that Avenues run north and south

Streets I think, go east and west I don't know
about Boulevards and the rest.

Forget this lesson at your cost, cause if you do you might get lost.

It's too soon to tell whether or not this information will prove to be of use. I would like to think that in the future I will be able to travel through unknown territory with impunity, secure in the knowledge that as long as I can keep my avenues and my streets straight I will be able to overcome my directional challenges. I'll keep you posted.

New Year's Eve Celebration

Thursday, December 31
4:00 – 6:30 p.m.
SCV Senior Center
Dining Room
\$10 Prepay Discount
or \$12 at door
Dress: casual attire

Bring in the New Year
with fun, food, & music!

Please RSVP to Diane in
the reception office by De-
cember 24th.



Volunteer Spotlight – Sharma Goodwin

by Robin Clough, Volunteer & Recreation Coordinator

Volunteer Sharma Goodwin thrives on being active and productive. She recently retired after 28 years as an IBM analyst and moved to Santa Clarita when her husband was transferred from Colorado. This Arizona native is thankful to be out of the snow and is a self-proclaimed “desert rat.”

Seeking a philanthropic balance to her life, Sharma chose to volunteer at the SCV Senior Center. Her expertise and high-level skills have been a tremendous asset in the administration department where she assists the controller. She does not hesitate to expand her regular hours when special projects arise. Administrative Assistant, Karina Oddone, is impressed with Sharma’s attitude and work ethic saying “she always offers to help and loves new challenges.” Controller Brandi Brethour states “Sharma has a great attitude and is so dedicated.”

Sharma looks forward to giving back saying “I get a lot. It’s a mutual thing. It’s nice to feel needed.” In addition to her invaluable administrative contributions, the SCV Senior Center benefits from her positivity, compassion, and humility. She takes a personal interest in guests and is committed to the cause of promoting quality of life. Sharma remarks “it is wonderful what seniors get to do and the level of energy here.” Sharma encourages everyone in the community “to reach out to the many volunteer opportunities. You don’t need special skills, just a good heart. All is appreciated!”

Although now a Santa Claritan, Sharma does not forget her Arizona roots. She is loyal to University of Arizona football and even named her dog Zona after their Zona Zone, a synonym for touchdown. The SCV Senior Center certainly scored a touchdown when Sharma Goodwin came to volunteer!



Create Winter Greeting Cards Craft Workshop

Wednesday, December 2
10:00 a.m. – 11:00 a.m.

Room A1

Create & decorate winter-
themed cards • \$5 per person

All materials and supplies
provided (Maximum 15 people)

Instructor Kimberly
Davenport
and Catherine
Nash of Sun-
shine Cre-
ations & Crafts



will teach participants to make
uniquely creative cards. Kim-
berly Davenport is a professional
card maker who has been creat-
ing cards and crafts for over six
years. RSVP to Robin at 661-259-
9444 or rclough@scv-seniorcent-
er.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice Day is for Congregate Sites only. HDM Recipients will receive Option A.	1 Choice Day A) Beef Liver & Onions or B) Beef Taco	2 Penne alla Cam- pagniola con Pollo (rustic style pasta with chicken)	3 Pork & Beef Chili	4 Roasted Cod alla Put- tanesca (cod fish with a savory diced tomato)
7 Chili Egg Puff	8 Penne Arrabbiata with Pollo Parmigiana (chicken parmi- giana served over spaghetti marinara)	9 Oven Roasted Fish	10 Balsamic Chicken (chicken with bal- samic sauce)	11 Savory Pork Stew (pork stew with onion, garlic, lime, basil, mint, cilantro, ginger, tumeric and cayenne)
14 Fish and Chips	15 Carnitas Taco Salad	16 Russian Chicken (sweet creamy red sauce over chicken)	17 Spaghetti and meatballs	18 Galinhada topped with Farofa (Brazilian chicken stew w/tomatoes & onions)
21 Gosht Pulao (cubed beef and pork stew with indian spices)	22 Sweet and Sour Chicken	23 BBQ Pulled Pork Sandwich (fresh baked ciabatta roll)	24 Lemon Caper Chicken (chicken with lemon wedges & capers)	25 CENTER CLOSED
28 Cranberry Chicken (chicken with cranberry sauce)	29 Braised Pork Stew (pork with onion, yellow bell pepper, garlic, toma- toes, rosemary & thyme)	30 Chicken Piccata (chicken with sauce of lemon, garlic & capers)	31 Chili Egg Puff	Happy New Year! January 1, 2016

Note: Menu is subject to change without notice.

Menu for December 2015

Many thanks to our devoted volunteers for being the Heart of the SCV Senior Center!

