The Mighty Oak

October 2016

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

Flu Shot Clinic

Provided by Henry Mayo Newhall Hospital

These no cost flu shots will be given to individuals who are 50 years of age or older and those who are considered a "high-risk" due to chronic illness.

Wednesday, October 19
9:00 – 11:00 a.m.
Room A1, A2

Protect yourself against the influenza by these preventative actions: Washing your hands, staying away from sick people, and staying home if you are sick to prevent spreading the flu to others.

SCV Senior Center Provides Balance During the Month of September

On behalf of the Santa Clarita Valley Senior Center, we want to thank Ashley Guardino and Michael Hogan for representing us at the 2016 Dancing with Our Stars Event. The time and effort that they spent over the last few months preparing for this year's dance competition is priceless and they successfully raised over $11,000 for our senior community.

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First Impressions

A Series of Articles by Our Executive Director Kevin MacDonald

I thought it would be helpful to you and me to share some first impressions as the new Executive Director of the Senior Center and see how they align with your experiences at the SCV Senior Center. This is the second in a five-part series.

First impressions – The impact of "Staff"

The Staff of our Senior Center are a dedicated group of 25 full time and 15 part time individuals from all walks of life and backgrounds. We have the newest employees – the Class of 2016 as we call ourselves and we have our long timers like SuzAnn Nelsen, Director of Support Services celebrating 29 years and next in line – Frank Pascoe (23 years) and Maria Vasquez (19 years).

My first impression was how many vacancies we had at the Center and how the staff all pitched in to handle a variety of duties and responsibilities to make the magic of a day at the Senior Center happen. The last week of September, we hired four new staff members – so as those vacancies are being filled and as the new "normal" takes hold, we will move forward together.

My other first impression was the caring attitude I see on display as I walk the grounds or visit some of our homebound seniors. The people we serve really rely on our staff to be compassionate and to be full of the knowledge to make their life easier. We have that here at the Center – care, compassion and knowledge can be seen in many places.

We also have talent and it is one of my jobs to help each staff member to grow and gain more knowledge and skills. I also want to encourage the use of their talents and let their creativity to be shared with all of us.

A first impression – "Fantastic", a combination of talented staff with compassion. I have been fortunate to work with and get to know each one in my first few months – we have much to accomplish together for the benefit of your Senior Center!

Thank you to Wolf Creek Brewery for raising $948.50 for the SCV Senior Center

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The Mighty Oak is published monthly
by the SCV Senior Center.
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Tel: 661-259-9444 • FAX: 661-255-5195

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SCV Senior Center Advisory Council

The SCV Senior Center Advisory Council works in conjunction with the SCV Committee on Aging and the SCV Senior Center. The group meets every 3rd Monday of the month and community participation is welcome. The role of the advisory council member is to be an advocate for the senior center attendees as well as the seniors of the community-at-large. We're here to be a conduit by which information relevant to the senior population is to be discussed and conveyed to the SCVCOA and the SCV Senior Center while promoting Independence, Dignity and Quality of Life. For more information please contact the SCV Senior Center at 661-259-9444.

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
- ***Mindfulness Coloring Club —*** Thurs., 10 – 11:30 a.m. in Room A1 with Mary Ellen Dittemore
- ***Needlework*** – Mon., 9 a.m. – noon, Room A1
- ***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

- ***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.
- ***Orchestron*** – Wed, 2:45-5:30 p.m. Rooms A1 & A2
- ***Silvertones Singers*** – Mon., 12 p.m. to 2 p.m., Newhall Community Center
- ***Tap Dancing –*** by Laura Russell, Thurs., 9:30 – 10:45 a.m. 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., with Linda Bennett in the Dining Room
- ***Fitness*** – Mon., Wed., & Fri., 8:30 a.m. to 9:30 a.m., Dining Room
- ***Flex & Flow Yoga*** – Mon. & Wed., 4:15 – 5 p.m. in the Dining Room with Inst. Diane Hedrick
- ***Restorative & Gentle Yoga*** – Thurs., 8:20 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 with Linda Bennett.
- ***Zumba Gold*** – Mon., Wed.,& Fri., 3:30 to 4:15 p.m. in the Dining Room with Inst. Diane Hedrick

Lifelong Learning

- ***Archaeology & History Discussion*** – Tues. , 9:30 a.m. to 11 a.m. , Room A1 free
- ***Beginning French*** – Thurs., 10 – 11 a.m. with Daniele Washburn
- ***French*** – Wed., 10 a.m. – 11 a.m., SS
- ***Digital Drop In – by Julie Oshiro*** – Second Thurs, 9:00 – 11:00, Reception Office
- ***Billiards Lessons for Ladies*** – Tues., Beginners 4:30 p.m. to 6 p.m., Experienced 6 p.m. to 8 p.m. with instructor Russ Evena.
  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.
- ***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 Workshops*** by Dr. Teri Crane 4th Thurs., 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*** – Tues., 12:30 p.m.-4:30 p.m. Room A6
- ***Bingo*** – 1st and 3rd Thursdays, 2 p.m., Dining Room ($10 – cash only)
- ***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 A6
- ***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

4th Annual
Golden Years Expo and Senior Health Fair

Presented by .. HERITAGE Sierra Medical Group

goldenyearsexpo.com

Hyatt Regency Valencia
Santa Clarita, CA
Saturday, November 6, 2016
10:00 am to 4:00 pm

Introducing choices to seniors, future seniors, caregivers and their families:

- Free parking
- Free admission!
- Free flu shots
- Free health screenings
- Information, resources, products and services important to seniors and their families
- Seminar sessions on protecting assets, VA benefits, Medicare/Medical and retirement income
- Problem solving by the office of Congressman Steve Knight
- Free Build-Your-Own Grand Prize Drawing - Win up to 500 CA Super Lotto Plus Quick Pick Plays!

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For information or sponsor, exhibitor, speaker and advertiser options, contact Gary at (661)255-7063 or garyb@highimpacteventresources.com

Copies & cell photo of coupon accepted.

Golden Years Expo & Senior Health Fair ©
Hyatt Regency Valencia
November 6, 2016
10:00 - 4:00

GYE Passport
Build-Your-Own Grand Prize
Bonus Coupon

You could win up to 500 Super Lotto Plus Quick Pick Plays. Visit *goldenyearsexpo.com* for details.

How to Appropriately and Effectively Take Your Prescription Medicine

Presented by Marty Wasserman, Ph.D., Pharmaceutical and Biotechnology Consultant

Wednesday, October 5
1:00 – 2:00 p.m.
Room A-1

According to AARP, nearly 90 percent of people over 60 years of age take at least one prescription drug and 30 percent take five or more prescription drugs. Does it seem like often times your medication is changed, whether the dosage is changed or a new medication is added and another is taken off? Changes can be very confusing. Join us for this educational lecture and learn how to appropriately and effectively take your prescription medication.

**If you are interested in the Pharmacologist reviewing your medications, please contact Support Services and speak to Natalie, to schedule this service.

Anne's Corner"

King Ranch Chicken

by Anne Scott

4 chicken tenders or 2 large chicken breasts (cooked and cubed)
1 small onion
8-10 corn tortillas
1 can Cream of Chicken soup
I can of Cream of Mushroom soup
1 can of rotelle tomatoes (either large or small)
1 small can of green chilies
1 soup can of chicken broth
1 can of mushrooms (if desired)
2 cups of Mexican blend cheese (or cheddar)

Directions: Tear ½ of the tortillas and place in a 9 x 13 baking dish.

Chop and cook onions until tender. Add chicken and cook together.

Mix the following in a bowl: 2 soups, tomatoes (drained), chicken broth, and green chilies (not drained).

Pour ½ mixture over the tortillas. Place ½ cheese on top, repeat with the tortillas, soup mixture and
cheese on top.

Bake at 350 degrees for about 30 minutes (or until cheese is melted and browned).

Submitted by La Neita Williams who says it is great with hot sauce.

The Things People Say

by Rita Roth

I was reading a book recently, when a sentence caught my attention. The clause was "when I married my husband" Now I have read this sentence many times before on many different pages, but I never before really thought about it. But for some reason this time it I realized something. It doesn't make sense. Why is that I hear you query? Well how can you marry someone if they are already your husband? I am aware that you can renew your wedding vows if you should wish to do so. But then you would be re-marrying rather than marrying. I am also aware that you can marry the same person twice, (I know this to be true because I, myself have done it) Should you decide to do this you still would not be marrying your husband. What you would in fact be doing is marrying your ex.

All of this pondering gave me pause for thought. Speaking of pause for thought, this is another sentence that I don't really understand. Why would you have to pause what you are doing to entertain a thought? I am not the brightest woman on the block but if I am, for instance, taking a shower I don't have to turn off the water to think about what I am going to make for dinner that night, in other words I am quite able to think without pausing, and as I have implied, I am no Einstein.

Once on this line of reasoning I began to think about other things that we say that don't really make a lot of sense. One of them being the question "what do you put in the toaster?" When asked this question most people will respond automatically, "toast." But when you think about it, if it is already toast why would you be putting it in the toaster? Christopher, my significant other, came up with another one. Why do we say that we are putting a roast in the oven? (at least I do, I don't know about you.) Obviously if it were already a roast, to put it in the oven would mean that you were in the leather making business.

I am not making these observations in a critical manner. I love the English language and I am a big fan of words, both written and spoken, even when they don't make a lot of sense. I just think that it is entertaining to poke fun at the things people say.

Sweet Confections Decorating Demonstration

Friday, October 28 from 1 p.m. to 3 p.m.
No Charge, located in Rooms A1 and A2

Learn how to creatively decorate a variety of yummy deserts just in time to sweeten your holidays! Discover easy and fun techniques to give your confections a professional look.

Presenter Carol Pawlak is the owner of Carol's Cakes and Cupcake Cuddlers. She has created desserts for TV personalities like Ms. Betty White and the cast and crew of HOT in Cleveland; Cedric the Entertainer and the cast and crew of SoulMan; Jim Belushi and the cast and crew of According to Jim, plus many others!

Please RSVP to Robin: 661-259-9444, rclough@scv-seniorcenter.org

Call me for more information

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scan HEALTH PLAN

Health Education & Wellness Schedule at the SCV Senior Center

October 2016

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

- **Wednesday, October 5 – 1:00pm:** How to Appropriately and Effectively Take your Prescription Medicine, Marty Wasserman, Ph.D., Pharmaceutical and Biotechnology Consultant
- **Wednesday, October 12 – 1:00pm:** Shake Dem Bones this Halloween, Valerie Carr, RN, Nursing Certified in Orthopedics, Henry Mayo Newall Hospital
- **Wednesday, October 19 – 9:00 a.m. - 11 a.m.:** Flu Shot Clinic, SCV Senior Center hosted by Henry Mayo Newhall Hospital, Room A1 and A2
- **Wednesday, October 19 – 1:00pm:** Breast Cancer Awareness: "I am Lucky I had Cancer," Jennifer Kennedy, Health Navigator, Footprints in Pink
- **Wednesday, October 26 – 2:00pm:** Is Back, Neck, Leg or Arm Pain Slowing You Down? Dr. Tiffany Powell Avila, MD, Providence Medical Institute

Health Screenings

- **Blood Pressure Checks:** Wednesday, October 5 from 12pm – 1pm in the reception office. Wednesday, October 12, 19, 26, from 10:30 a.m. – 12 p.m., Reception Office
- **Hearing Screenings:** No screenings scheduled
- **Diabetes Screening:** No screenings scheduled

Support Groups

- **Emotional Support Group:** Tuesdays 10:00 – 11:00am
- **Grief Support:** Tuesdays 11:00am – 12:00pm
- **Caregiver Support Group:** Fridays 9:30am – 10:30am
- **Caregiver Workshop:** Fridays 10:30 – 11:30am
- **Visually Impaired Support Group:** Monday, October 10th and October 24 from 12:30 – 1:30 pm at Bouquet Canyon Senior Apartments

Volunteer Spotlight - Ron Kamiya

by Robin Clough, Volunteer & Recreation Coordinator

Ron Kamiya literally took the circuitous route to become an SCV Senior Center volunteer. Ron encountered many senior passengers while riding an ACCESS bus during his daily commute to work. They were en route to the Senior Center and conversations were filled with high praise for Senior Center services. This inspired Ron to seek a volunteer position as soon as he retired.

Ron found his niche volunteering in the Administration Department where he provides invaluable assistance organizing and updating the copious website posts. He is also skilled at revisions and research. Executive Assistant Jennifer DeHaven praises Ron saying, "He has truly been a gift and an inspiration to work with. The smile that he brings with him when he arrives at the SCV Senior Center lets us all know that he is ready to help in any and every way that he can. He provides me with assistance that is unparalleled because I know with each task that he will give me his very best! Although he thanks me daily for allowing him to be here at the SCV Senior Center, he will never really know what a gift he gives to me every time he is here."

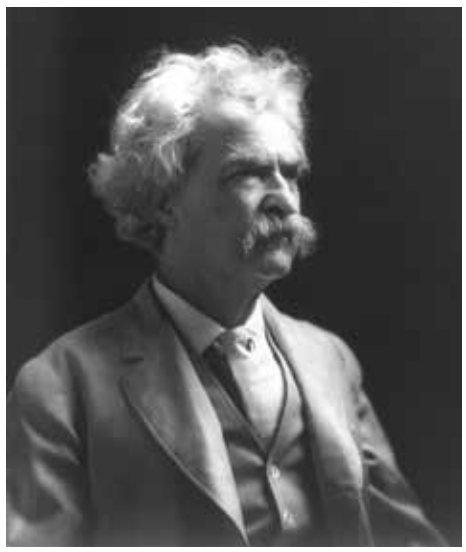
Ron grew up in Gardena and majored in marine biology at Long Beach State in anticipation of working for California Fish & Game. However, he had a student job at the American Honda warehouse which turned out to be the start of his career with the company. Honda moved to Santa Clarita with their new venture of motor sports racing, so Ron happily relocated and became Manager of the Administration Division. Ron remarks, "My personal goal is to be involved in the community and to continue utilizing my professional skills and knowledge to help others."

With humility about his contributions and extolling the impact of the SCV Senior Center, Ron says "I truly feel I get more from volunteering than I give, and I look forward to my volunteer time. It is such a positive, energetic, and friendly environment. The staff is passionate about what they do, and there are so many resources and activities for seniors and the community."

The SCV Senior Center is grateful for the wonderful volunteerism of Ron Kamiya.

Senior Center Scholar Series

Mark Twain



Wednesday, October 26
10:00 - 11:00 a.m.
Rooms A-1 & A-2

Samuel Langhorne Clemens, better known by his pen name Mark Twain, was lauded as the "greatest American humorist of his age" and William Faulkner called Twain "the father of American Literature."

Mark Twain was an American writer, entrepreneur, publisher and lecturer. Among his novels are The Adventures of Tom Sawyer (1876) and its sequel, Adventures of Huckleberry Finn (1885) the latter often called "The Great American Novel". His wit and satire, in prose and in speech, earned praise from critics and peers, and he was a friend to presidents, artists, industrialists, and European royalty.

Join Professor Lissa Brassfield for this fascinating presentation.

TRIPS & TOURS

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

Pechanga Resort & Casino

Wednesday, October 26, 2016
Price: $28 (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!

Petersen Automotive Museum

Tuesday, November 15, 2016
Price: $32 (No refunds after 10/14/16)
Comfortable shoes are highly recommended! Lunch your own.
Departs 9 am - Returns approx. 4 pm

Explore the history of the automobile and its impact on American life and culture through the diverse collections and engaging exhibits at the museum. Then, lunch on your own at the world famous Farmers Market or shop at The Grove!

First & Third Thursdays – October 6 & October 20

2 p.m. to 5 p.m., Doors open around 1:30 p.m.
$10 (cash only) in the SCV Senior Center Dining Room
Try your luck to win cash prizes, door prizes and more.
Daubers Available for Purchase - $1 each
Extra Black Out Sheets - $1
Powerball - $1

We thank the Fountain Glen Apartments for generously donating bingo equipment and to Nancy & Roland Pacheco for their sponsorship.

Outlets at Tejon

Tuesday, November 29, 2016
Price: $24 (No refunds after 10/28/16)
Departs 10 a.m. • Returns approx. 4 p.m.
Comfortable shoes are highly recommended! Lunch your own.

The Outlets at Tejon is California's new brand in outlet shopping, offering impressive savings of up to 65 percent at more than 70 designer and brand-name stores such as, Coach, Chico's, Michael Kors and Calvin Klein to name a few. Enjoy your day of shopping! VIP gift tote for all! Get your holiday shopping done and Senior Tuesday, 10 percent off!

Reflections of Italy • March 27 – April 5, 2017

Revel in the magic of Italy on this 10-day tour that explores the cities of Rome, Florence, Siena, Venice, Assisi, Perugia and Milan. Travel the Tuscan and Umbrian countryside, exploring medieval hill towns and visiting the birthplace of St. Francis, Assisi. Discover the masterpieces of the Renaissance in Florence and see hot glass transformed into exquisite art on Murano Island. Linger in Venice for two nights before ending your journey in Milan.
Pricing: $4,099 pp Double, $4,549pp Single, $4,049pp Triple
* Included in Price: Round Trip Air from Los Angeles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Group Transportation from a Central Location to and from the Airport
* Not Included in Price: Cancellation Waiver and Insurance of $280 per person
You're invited to a special travel Reflection of Italy presentation. Learn more and ask questions on Wednesday, September 07, at 1:30 p.m.
For more information visit the Trips & Tours Desk.

TRIPS & TOURS FOR YOUR NEXT DAY OF FUN
CALL…661-259-9444 EXT. 111

Take Cost Out of the Equation — Hear Well Again!

Nola Aronson

Financial constraints are one of the top reasons why many consumers who need hearing aids don't buy them. If you are persistent and a little consumer savvy, however, you can purchase the devices you need without breaking the bank.

Credit

If your audiologist doesn't offer any payment options, you may want to consider applying for credit. Many card companies offer an introductory, zero percent interest rate for new customers over a specified period of time. If you can comfortably pay off the balance before the introductory period ends, it may be worth your while. Websites like Credit Karma can help you identify which cards offer introductory rates and the right option based on your credit rating.

Some credit companies specialize in healthcare financing and may be accepted by your hearing healthcare professional:

• Care Credit (Synchrony Financial) is one of the largest health, wellness and beauty credit cards in the nation. The company typically offers a no-interest option for purchases over $200 for terms of 6, 12, 18, and 24 months.

• Wells Fargo offers healthcare financing through their Wells Fargo Health Advantage credit card program, which carries an annual percentage rate of 12.99 percent. Special terms include no interest if paid in full within 6, 12 or 18 months, depending upon the amount of the purchase.

Workplace Benefits

If you're still working, ask your employer if your health benefits package includes a flexible spending account (FSA), which allows you to bank up to $2,500 each year, tax-free, to pay for numerous out-of-pocket healthcare costs.

Most FSAs cover hearing exams and hearing aids, including purchase price, maintenance costs and batteries. Check with your plan administrator before you bank any dollars for a complete list of allowances as these may change from year to year.

Home Equity Credit

If you own your home, you may be able to utilize a home equity line of credit (HELOC). Much like a second mortgage, a HELOC is a loan you agree to pay within a specified term, using your home as the collateral. Interest rates will apply; however, the interest is tax deductible. Check with your mortgage lender or bank officer to see if you qualify.

For more information about how to pay for hearing well, and to schedule your free hearing screening, contact an audiologist at Nola Aronson's Advanced Audiology, 661-877-9061.

Source: HealthyHearing.com

Let your Community Champion help you hear better!

Since 2010, the audiologists and staff of Nola Aronson's **Advanced Audiology** have been making a positive difference in the lives of Santa Clarita Valley community — through better hearing and supporting the important work of nonprofits.

Join them in October and, for every hearing aid sold, 10 percent of the sale will be donated to Circle of Hope for Breast Cancer Awareness Month.

Schedule your **free hearing screening** and see why Advanced Audiology was named Santa Clarita Valley's Community Champion!

Call (661) 877-9061!

For every hearing aid sold in October,

10% of the sale

will be **donated to Circle of Hope.**

• 45-day no obligation test drive. • 0% financing available.

Plus a $20 donation to the SCV Senior Center for every hearing aid sale!

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Willy Wonka's Silent Battle with Alzheimer's Disease

by Jane M. McNamara, Elder Rights Attorney

Beloved actor Gene Wilder recently passed away at the age of 83 from complications related to Alzheimer's disease. Wilder privately suffered with the disease for the last three years of his life. Wilder is best known for his starring roles in Willy Wonka and the Chocolate Factory and in Young Frankenstein. Other notable Wilder films include Blazing Saddles, The Producers and Death of a Salesman.

Statistics show that Alzheimer's disease is the sixth leading cause of death in the United States, affecting five million Americans every year. With Wilder's recent passing, awareness is being brought to Alzheimer's disease and to the importance of early diagnosis and treatment. Early diagnosis is critical, as interventions may be put in place to slow progression of the disease. Legal documents should be reviewed and updated, so that trusted loved ones can legally assist with healthcare, financial and other important issues as the disease progresses.

Studies suggest that Alzheimer's disease occurs where nerve cell changes in certain parts of the brain result in the death of a large number of cells. Symptoms of Alzheimer's disease begin slowly and become steadily worse. As the disease progresses, symptoms range from mild forgetfulness to serious impairment in thinking, judgment, and the ability to perform simple daily activities. Although there are some treatments to slow symptoms, the disease still has no cure. Eventually, patients may need total care, which typically must be managed outside the home with great expense.

Wilder's death has brought awareness to Alzheimer's disease and its degenerative nature. If you suspect you may have memory loss outside of normal forgetfulness, reach out to a medical professional. Although there is no cure, proper management of the disease will assist in the longevity of your mental function.

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

The Braille Van will be at the Senior Center on Wednesday, October 12, 2016 10 a.m. to 2 p.m.

How Will You Care for Your Aging Loved One?

Obtain Needed Care Without Depleting Your Life Savings

- Medi-Cal Eligibility for Skilled Nursing Care
- VA Benefits for In-Home and Facility Care
- Protect the Home from State Recovery
- Legal Documents and Planning for Incapacity/Death
- Support/Advocacy/Guidance

We provide Elder Law and Life Care Planning Services 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.

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URGENT CARE COMING SOON!

For two years in a row, Integrated Healthcare Association has awarded Heritage Sierra Medical Group with the MEDICARE FIVE STAR AWARD, proudly making us the ONLY MEDICARE FIVE STAR MEDICAL GROUP in Santa Clarita Valley.

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OFFICE HOURS
Monday - Friday 8:00am-5:00pm
Closed on Saturday & Sunday

In partnership with
Henry Mayo Newhall Hospital

Halloween!

Monday, October 31
11:15 – 12:30 p.m.
Senior Center Lunchroom

Prepare to be scared by Spooktacular Soroptimists and their ghastly goodies. Sing along to the haunting music of John Swinford and don't be afraid to wear your costume!

Ralphs Community Contribution Program

Don't forget to register your rewards card on line as www.ralphs.com and choose the SCV Senior Center as your community organization.

NOW OPEN!

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Resident-centered care is the cornerstone of Oakmont's Assisted Living and Memory Care Programs. Our highly experienced care team creates a personalized experience for our residents and peace of mind for their families.

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Oakmont of Santa Clarita

RCFE #197608980

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-Walking/Exercising
-Lt Housekeeping/Linens
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-Transportation/Errands

Breast Cancer Awareness:

"I am Lucky I Had Cancer"

Presented by:
Jennifer Kennedy, Health Navigator, Footprints in Pink
Wednesday, October 12th
1 p.m. to 2 p.m.
Room A-1

October is National Breast Cancer Awareness month. Did you know that other than skin cancer, breast cancer is the most common cancer among American women? Most women can survive and beat cancer if detected and treated early. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Join us for this education lecture as a survivor of breast cancer shares her story and educates us on the disease.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fish Taco (Tortilla, fish, lettuce, tomatoes, cheese)	4 **Choice Day** A) Beef Liver and Onions OR B) Egg Hash (shred pork, egg, spinach, potato	5 Lemon Caper Chicken (Chicken with lemon wedges and capers)	6 Fish Veracruz (Fish fillets braised with tomatoes, capers, olives and herbs	7 Turkey Burger (whole grain bun & turkey patty)
10 Pasta Bolognese (pasta with a slow simmered meat sauce)	11 BBQ Pulled Pork Sandwich (barbeque sauce, pork & hoagie)	12 Egg Salad Sandwich (whole grain bread, diced egg, savory mayo)	13 Balsamic Chicken (chicken with balsamic sauce)	14 Roasted Cod Alla Puttanesca (Cod Fish with a savory diced tomato, capers and olive sauce)
17 Jerk Chicken	18 Egg & Potato Hash (egg, cheese and potato hash)	19 Beef Taco Salad (tortilla chips, ground beef, shredded lettuce, tomatoes and cheese)	20 Fish & Salsa	21 Penne Alla Campagniola con Pollo (Rustic style pasta with chicken)
24 Beef Chili (ground beef and kidney beans)	25 Roast Pork Loin and Gravy	26 Harvest Salad with Turkey	27 Spaghetti Marinara and Meatballs	28 Tuna Salad Sandwich
31 Chile Egg Puff **A Senior Center Favorite!**				SCV SENIOR CENTER 22900 Market Street • Santa Clarita, CA 91321

Note: Menu is subject to change without notice. **Choice Day is for Congregate Sites only. HDM Recipients will receive Option B.**

Menu for October 2016

SCV SENIOR CENTER
Santa Clarita Valley Committee on Aging

Monday October 17 TPC Valencia

Golf Classic

Foursome Only $600
Individual Golfer(s) $160 each
Mulligan & Contest Package only $50 per player

THE COURSE WILL BE CART PATH ONLY!

For additional information, please see Jennifer in the administration department
Or call at (661) 259-9444 or jdehaven@scv-seniorcenter.org

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

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