

# THE MIGHTY OAK

September 2016

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

## Find Balance at the SCV Senior Center!

by Robin Clough, Volunteer & Recreation Coordinator and Brianna Brann, Marketing Intern

This September is National Senior Center Month, inviting you to celebrate the many ways the SCV Senior Center brings joy into the lives of community members. This year's theme, Find Balance at Your Center, is especially fitting because of the balance that the SCV Senior Center brings to so many. Taking a painting class, listening in on a lecture, planting a community garden, and laughing with friends are all moments that allow for a daily practice of living a balanced life. The SCV Senior Center is a wonderful community location that provides older citizens the opportunity to find their own balance.

The annual celebration of senior centers first began in 1979, with Senior Center Week observed in May. As years passed, the idea gained increasing support of other aging organizations, including the full Senate. In 1985, the National Institute of Senior Centers (NISC) achieved the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, the NISC finally designated the entire month of September as National Senior Center Month.

This September is the perfect opportunity

to take a new look at your Senior Center! The SCV Senior Center is a vibrant, action-packed combination of fitness, volunteering, transportation, and tasty dining. Our center encourages community growth and unity through our diverse programs, while also providing practical tools and resources to help older citizens manage an independent and happy life.

The SCV Senior Center provides a full spectrum of opportunities for older adults to achieve and maintain physical, mental, and emotional balance.

SCV Senior Center participants enhance balance in their lives through 1) learning; 2) purpose; 3) wellness; and 4) friendship. These themes will be showcased throughout the month.

To promote lifelong learning, in Week 1 on September 8, lunch guests will discover the fun and benefits of using a computer. The SCV Senior Center Advisory Council will bring computer instructor, Gail Eisenburg, to demonstrate how easy it is to play computer games and Skype friends and family. The Advisory Council will even award a scholarship for computer lessons to a lucky participant.

Week 2 will focus on purpose and the value of sharing knowledge and wisdom. Our many older-adult volunteers gratefully attest that helping others has also provided balance and meaning to their lives. These contributions will be observed with a lunch time Grandparents Day celebration on Monday, September 12. Sing along to retro television show theme songs, try your hand at trivia, and indulge in delicious cake provided by Atria Senior Living.

Wellness will be emphasized during Week 3 with a comprehensive presentation



on September 14 by Care Manager and R.N. Abbie Povletich. She will discuss the importance of balance and share fall prevention techniques. (This appropriately is also the first week of Fall!)

Endless friendships are formed at the SCV Senior Center. Socialization and friendship are key to quality of life and balance. The moment one enters the Center uplifting relationships are created.

In the words of William Butler Yeats, "There are no strangers here; only friends you have not met yet."

National Senior Center Month will conclude in Week 4 with a Friendship Party during lunch on September 29. The popular band, Tess & Company, will perform as well as the SCV Senior Center Tap Dancers.

National Senior Center Month is a wonderful opportunity to get to know the SCV Senior Center. Its valuable programs, services, and activities allow participants to expand their horizons and enrich their lives through balance.

Thank you to event volunteers, Terrie Castillo and Barb Bauernschmidt, for their assistance with National Senior Center Month events!



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**First Impressions**  
**A Series of Articles by Our**  
**Executive Director Kevin MacDonald**

As a person enters a new place and a new job after spending over two decades with one organization – they are met with many first impressions. I thought it would be helpful to you and me to share some first impressions and see how they align with your experiences at the SCV Senior Center. Over the next couple of issues of the “Mighty Oak” I will share a few.

First Impressions – **The impact of “Volunteers”**

As you enter the Senior Center on any given day, one would be amazed at the number of people working at the Center, but the question arises – are they staff or volunteers? One of the few things that help you discern between staff and volunteers is the name badges, but not much else.

Early in the morning, sometimes before 6 a.m., volunteers gather to help in the food preparation room for the home delivered meals. Izzy, Darlene, Cynthia, Elvia and Ernie are our regulars and usually are surrounded by high school and college volunteer students. They work hard preparing the lunches.

All visitors are welcomed to the Center by volunteers and those here for lunch also must fill out the paperwork – also handled by volunteers. I hate to start naming names – but Alyce and Cecil are really in charge by any account.

Our volunteer drivers – over 20 of them, one volunteering for 27 years, line up to take get their charts for the day and drive away to deliver a meal and a smile.

The main lunch room gets organized by Art, Bill and countless others to make the daily serving of lunch a smooth operation.

We haven’t even talked about our Trips and Tours volunteers, our volunteer instructors, advisory council, the bingo team, the clubs and so many more. I’m still meeting the volunteers who pass through our doors to lend a hand, lend a smile to make every day at the Senior Center special.

A first impression – “WOW”, how lucky we are to have such a committed group of people from all walks of life and from different professions – who simply come to serve.



**Contributing Writers:**

- Jane M. McNamara
- Kevin MacDonald
- Nola Aronson
- Rita Roth
- Robin Clough

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**First & Third Thursdays**

**September 1 & September 15**

**2:00 – 5:00 p.m.**

Doors open around 1:30 p.m.

**\$10 (cash only)**

**SCV Senior Center Dining Room**

**Try your luck to win cash prizes!**

**Doorprizes!**

**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.

**SCV Senior Center**

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Los Angeles County encourages YOU to:  
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**Thursday, September 22<sup>nd</sup>**

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**Multipurpose Room**

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## 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

- **Coloring Club** – Th 10:00- 11:30 a.m., Room A1
- **Art Workshop** – Tues., Wed. & Thurs., 9:30 a.m. – 12 p.m., Room A2
- **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 – 10:20 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., 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, SS
- **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 Evans.
- **Computer Class** – 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 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** – 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

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## The Importance of Advocacy

by Jane M. McNamara, Elder Rights Attorney

The health care system is “rigged” against our elderly population. Seniors often can’t get the care they need, can’t find the right care or afford it, are stonewalled by their medical insurance, and are routinely given wrong information by hospitals and care facilities. Family members cannot possibly know all the Medicare regulations and California laws, and therefore they blindly accept what the facility states – often to the senior’s detriment.

Our Law Firm routinely challenges the actions of care facilities and insurance companies, finding they ignore regulations and violate the laws. It is up to the trusted Power of Attorney and Agent under the senior’s Advance Healthcare Directive to fight for the

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Happy Grandparents Day!

Frances Elkind, Au.D.  
Doctor of Audiology

Kevin Bolden, Au.D.  
Doctor of Audiology

proper health-care and rights of the senior, with the guidance and advocacy of the Law Firm. Some of the frequent problems we encounter are:

Skilled Nursing Facilities unlawfully evicting Medi-Cal patients, telling the patients that there are no “long term care beds” available.

Medicare abruptly and improperly stopping rehabilitation, resulting in the loss of recovery for seniors after falls, strokes and medical issues.

Supplemental Medicare Insurance policies refusing to pay the \$161 per day co-pay for skilled nursing charges for days 21-100, resulting in bills of thousands of dollars.

Hospitals labeling patients as “observation status” so Medicare does not pay for the necessary rehabilitation – costing the patient thousands of dollars.

Discharging hospital patients too soon, only to have them “bounce back” to the hospital shortly after discharge.

The list goes on and on. How do you protect your elderly loved one? First, the senior must have the proper legal documents in place, so that trusted Agent can be an effective and strong advocate. Second, the designated Agent must not simply accept the information as “true”. If it doesn’t sound right, it probably isn’t. There are regulations, appeals processes, and laws to follow. The advocate can’t be shy – their voice for the elderly patient may mean the difference between life and death.

For an appointment, please call the McNamara Law Firm, PC at 661-287-3260. Please visit our website at [www.theMcNamaraLawFirm.com](http://www.theMcNamaraLawFirm.com).

## 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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## Mini Calendar Craft Workshop

Create and decorate a seasonal mini calendar!

Wednesday, September 14  
10:00 a.m. – 11:00 a.m.  
Room A1

\$5.00/person  
All materials and supplies provided  
(Maximum 15 people)

Instructor Kimberly Davenport and Catherine Nash of Sunshine Creations & Crafts will teach participants to make uniquely creative mini calendars. Kimberly Davenport is a professional card maker who has been creating cards and crafts for over six years.

Please RSVP to Robin at 661-259-9444 or email: [rclough@scv-seniorcenter.org](mailto:rclough@scv-seniorcenter.org).

## Walk to Make a Difference

Join us on Saturday, September 17 for Walk4ALZ at Bridgeport Park in Santa Clarita, Alzheimer's Greater Los Angeles fundraising walk!

Alzheimer's Greater Los Angeles is the only dementia focused nonprofit with 35 years' experience, five locations, and 54 staff... that 100% of donor support stays local and 20% of Walk proceeds will fund local research. We now have an office here in Santa Clarita providing care, support and services for people with Alzheimer's and their families.



Our Santa Clarita Walk4ALZ is LOCAL. Entertainment by Lance Allyn, Face Painting by Maria, Snacks by D.W. Cookies, and other sponsors including California Pizza Kitchen and See's Candies!

Start a team • Join a team • Walk4ALZ! Visit our website: [www.alzgl.org/walk](http://www.alzgl.org/walk)! Contact Randi Firestone at 323-930-6282!

## Blues Concert featuring SCV Senior Center Silvertone Singers & Musicians

Thursday, September 29  
2:45 – 4:30 p.m.  
SCV Senior Center Multipurpose Room  
Donations accepted

Enjoy songs exploring the development of the Blues, a uniquely American musical genre that grew out of the post-Civil War South to become one of the most powerful forms of artistic expression of all time! Hear the influences of African, gospel, jazz, and swing music on these soulful tunes. Sing, reminisce, and re-live the passion of early 20th century blues with songs from

Ma Rainey, Duke Ellington, Louis Armstrong, Lena Horne, Billie Holiday, and many more of your favorite blues artists. Leave your blues at the door for this entertaining afternoon of music as performed by the SCV Senior Center Silvertone Singers and Musicians under the direction of John Swinford.



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

### September 2016

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

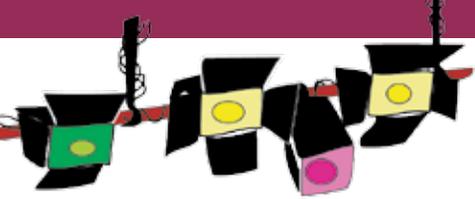
- **Wednesday, September 7 – 1:00pm:** Bone Health Made Easy, with Kenneth C. Howayeck, Bone Health Educator, Five Star Onsite Testing
- **Wednesday, September 14 – 1:00pm:** A-Fib Education, Tamar Avakian, RN, MSN, NP-BC, CVNP-BC Manager – Cardiovascular Services, Henry Mayo Newhall Hospital
- **Thursday, September 15 – Free Legal Services,** Bet Tzedek Legal Services, by Appointment only, please call Supportive Services to schedule an appointment.
- **Wednesday, September 21 – 1:00pm:** Falls Prevention, Abbie Povletich, RN, BSN, Care Manager, Santa Clarita Valley Senior Center
- **Thursday, September 22 – 2:00pm:** Emergency Preparedness Workshop, County of Los Angeles Office of Emergency Management
- **Wednesday, September 28 – 1:00pm:** Preventative Care Services from Rolando Toledo, MPH, Wellness Specialist, Facey Medical Foundation

### Health Screenings

- **Blood Pressure Checks:** Wednesday, September 7 from 12pm – 1pm in the reception office. Wednesday, September 14, 21, 28 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:** September 12th and September 26 from 12:30 – 1:30pm at Bouquet Canyon Senior Apartments



## Volunteer Spotlight - Elvia Flint

by Robin Clough, Volunteer & Recreation Coordinator

Volunteer Elvia Flint contributes an astonishing number of volunteer hours. She is committed to helping seniors and can be found assisting in all areas of the SCV Senior Center nutrition program. Elvia is in the packing room at dawn preparing meals for the homebound elderly and often serves lunches at the Center. She

enthusiastically fills a need at the Bouquet Canyon Apartments dining site ensuring each guest receives a nutritious lunch and a smile. "It is wonderful to meet them and hear their stories," Elvia says.

With experience as a Burbank Senior Center volunteer, Elvia searched for the SCV Senior Center as soon as she moved to Santa Clarita in order to continue her service. "It is very gratifying," Elvia states. "I receive the benefits of giving and the good energy of those served."

Elvia is originally from Mexico, loves salsa dancing, and is an avid reader. She is learning to crochet so that her handiwork can be donated to hospitals. To offer encouragement and uplift the spirits of those who are isolated or ill, Elvia makes personal phone calls through her church program. Her philanthropy extends internationally by hosting high school students from China.

Food Service Director Assistant, Lisa Andrews expresses her appreciation saying, "We are extremely thankful for her hard work and time to help us. Elvia is dedicated and her positivity is uplifting."

Elvia's philosophy is to "stay positive and be proactive. Regardless of your own struggles, everyone should try to serve others."

The SCV Senior Center is grateful to Elvia Flint for her remarkable volunteerism.



## National Preparedness Month: Plan, Prepare, and Be Aware

by Natalie Newton, Care Manager

NATIONAL SAFETY MONTH 2016

September is National Preparedness Month – are you prepared for a disaster or an unexpected emergency if it happened tomorrow? Our community's first responders, firefighters, law enforcement officers, and emergency managers do a great job of keeping us safe but they cannot do it alone. We too must take part and contribute to our own safety and the safety of our community.

This year's theme is "Don't Wait. Communicate. Make Your Emergency Plan Today." We encourage you to update your contact information for family, friends, and others who you will want to reach during a disaster before you are unable to reach them due to a power outage or there is limited service.

The Senior Center will be hosting an Emergency Preparedness Workshop presented by the Los Angeles County on Thursday, September 22nd at 2pm in the Multipurpose Room. Join us for this event to become educated, more aware, and how to be safe when

in preparing yourself for the next disaster or emergency.

For more information on how to be more prepared for emergencies visit: <https://www.ready.gov/september> or <http://www.cdc.gov/features/beready/>.

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# TRIPS & TOURS

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

## Santa Barbara's John Dunn Gourmet Dining

Thursday, September 22, 2016

Price: \$59

No Refunds after August 22

Departs at 9:00 am

Returns approximately 7:00 pm

Savor the flavors of Santa Barbara's Culinary School. The banquet includes salad, entrée, beverage and desert. Entrée choices: Salmon with Béarnaise sauce, Chicken Marsala, Beef Tenderloin with Shitake and Portobello mushrooms, or Vegetarian. After your lovely lunch, enjoy the afternoon strolling through the shops in beautiful downtown Santa Barbara!



## Pechanga Resort & Casino

Wednesday, October 26, 2016

Price: \$28 (No Refunds!) Lunch on 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!



## Chukchansi Casino & Yosemite – Waiting List Forming

Sun., Oct. 16 – Tues., Oct. 18, 2016

Price: \$159 dbl occ / \$199 single (No Refunds after Sept. 16, 2016)

Departs: 10/16/16 at 8:00 am

Returns: 10/18/16 at approx. 6:30 pm

The Chukchansi Gold Casino is the only casino located on Yosemite's doorstep! With 56,000 sq. ft., play at 1,700 slot machines and 36 table games. Explore beautiful Yosemite on Monday and return to the hotel for dinner!



## 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 on 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**



## I'm Okay with Dairy

by Rita Roth

Recently, someone asked me if I was lactose intolerant. "No," I replied, "I am just plain intolerant". At the time I meant it to be kind of a joke, but then I started thinking about it and I realized that I really am somewhat intolerant. I don't mean to say that I spend my life looking for things to get upset about, but there are certain types of behaviors that I can't... well, tolerate.

For instance, I can't tolerate people who whine and complain when they have nothing to whine and complain about. In my opinion, if no one is dropping bombs on you, you are ahead of the game and should be counting your blessings. I hold this point of view because I lived in London during the blitz of World War II, when bombs were being dropped on us and let me tell you it is no laughing matter. So, if your world is relatively peaceful and those whom you love are more or less okay, and you are

more or less okay, then please do not bombard me with any of your "oh woe is me" stories because the weather is too hot or the weather is too cold, or because your neighbor's dog occasionally has a fit of barking.

Another thing that I am intolerant about is deliberate unkindness. It seems that sometimes people will put others down instead of trying to build them up. Some parents do this to their children who then grow up with a lifelong feeling of inadequacy. Husbands belittle wives and wives belittle husbands. I am all in favor of standing up for yourself and fighting back when it is necessary to do so, but why be unkind when the occasion doesn't call for it?

Lest you think that I consider myself some kind of saint and that I never display any of these unlovely traits, let me assure you that I am just as likely to do so as the next person and, even more distasteful in finding them in other people, are the times that I find them in myself. If I hear myself kvetching (a Yiddish word which means complaining, only more so), then I give myself a good talking to, and I will not allow myself to have any dessert that day, just to teach myself a lesson.



**Volunteers Needed for the 2016-2017 School Year!**

# READ WITH ME!

**The SCV Education Foundation is seeking volunteers to work with students in local elementary schools to improve their reading and comprehension skills.**

As a READ WITH ME! literacy volunteer, you will work with students one-on-one or in small groups to assist with pronunciation, comprehension and others skills needed for students to achieve educational success. With your assistance students will improve their reading skills and confidence. You will have the opportunity to impact a child's life, gain a new friend, and enjoy the experience of giving back. Volunteers will receive an orientation regarding polices along with information about their role and their assigned school.



To become a volunteer or to receive more information contact Jackie Hartmann at the SCV Education Foundation 661-678-0429 or [jackie@scveducationfoundation.org](mailto:jackie@scveducationfoundation.org).

Though this program is flexible, we would like to stress that consistency is very important to the student. That is why we would like volunteers to commit to several months, one or two days a week at a set time and day each week. Because of school breaks, holidays or minimum days, there may be some schedule variation.

## Senior Center Scholar Series

Join Professor Lissa Brassfield for this fascinating presentation on Hedy Lamarr, Actress and Scientist on Wednesday, September 21 from 2 p.m. to 3 p.m. in the Senior Center Dining Room.



Hedy Lamarr was an actress during MGM's "Golden Age." She starred in such films as Tortilla Flat, Lady of the Tropics, Boom



Town, and Samson and Delilah, with the likes of Clark Gable and Spencer Tracey. Lamarr was also a scientist, co-inventing an early technique for spread spectrum communications—key to many wireless communications of our present day.



# Hearing Aids Stimulate Brain Activity

by Nola Aronson

A hearing aid does more than help you hear. It also helps your brain remember the sounds you cannot hear without your hearing aid.

Most often, hearing loss sneaks up on you. Suddenly one day, you notice that you no longer hear the humming of the refrigerator or the birds' singing. On average, it takes 10 years for people with hearing loss to finally do something about it. Many people are simply waiting for the hearing problem to go away. This rarely happens. Untreated hearing loss affects your quality of life, but it also affects the brain's ability to remember common everyday sounds because the hearing channels are no longer effectively used. When the hearing nerves lose their function and no longer channel sound signals to the brain, the brain forgets the sounds over time and becomes unable to understand them.

### Memory Weakening

The brain center for hearing stores sounds and noises for up to three years following the onset of a hearing loss. But after about seven years the memory becomes weaker and weaker. Therefore, it is important to have your hearing tested and hearing aids fitted when you find that you are losing some of your hearing. Once you have a hearing

aid the hearing processing resumes supplying signals to the brain.

### Learning to Hear Again

If the fitting of a hearing aid is seriously delayed, however, not even a hearing aid will be able to transform the incoming sound signals into understandable information. This means that the brain no longer recognizes ordinary everyday sounds and noises, such as the hum of the refrigerator or the computer. The brain must learn to hear all over again.

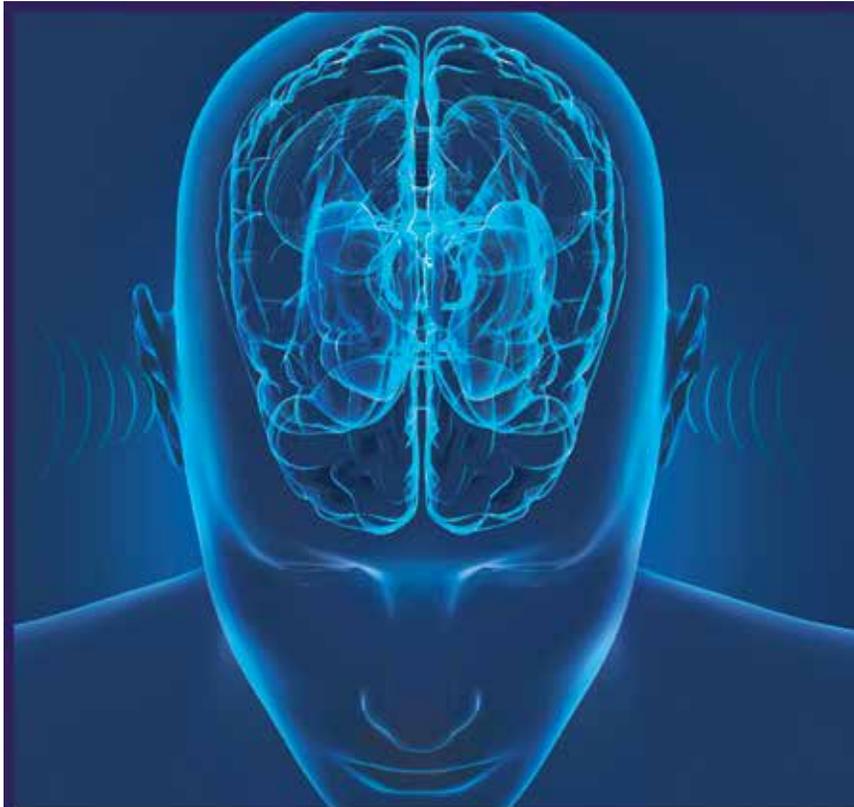
Keep both your hearing and your brain sharp! If you or a loved one are suffering from hearing loss, call your community hearing experts at Nola Aronson's Advanced Audiology, 661-877-9061. For the month of September, we will be donating 10 percent of all hearing aid sales to the 2016 Walk to End Alzheimer's.

# SAVE THE DATE!!



**Monday  
October 17  
TPC Valencia**

## Golf Classic



# Your hearing is ALL IN YOUR HEAD!

You may have heard the expression, "It's all in your head" — in the case of your hearing, it's true! When sounds are compromised by hearing loss, your brain has to work even harder to transform those signals into meaningful information.

With the brain focused on sounds, there is less capacity for other functions, which can increase one's risk of dementia and Alzheimer's.

Don't let your hearing mess with your head. Help us give back to our community by coming in for a **FREE hearing screening** today.

**Call today! (661) 877-9061**

For every hearing aid sold in September

## 10% of the sale

will be donated to the 2016 Walk to End Alzheimer's.

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



**Nola Aronson's  
ADVANCED AUDIOLOGY**

**We Love to Help You Hear**

23822 Valencia Blvd., Suite 103

(next to AAA in the Owen Paterson building)

Valencia, CA 91355

**(661) 877-9061**

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



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- 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

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## SCV Senior Center

SANTA CLARITA VALLEY COMMITTEE ON AGING

# Mindfulness Coloring Club

## De-Stress and Self Express!

Thursdays (beginning September 8)

10:00 – 11:30 a.m.

Room A1

Join the latest trend in brain health, creative expression, and relaxation!

Coloring pages will be provided, or use your own coloring book. Bring the coloring medium of your choice such as crayons or markers.

*Facilitator Mary Ellen Dittmore is a yoga instructor with a passion for natural therapies.*

# Thanks, Henry Mayo.



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

# Raising a New Flag

## Congressman Delivers a New Flag to the SCV Senior Center

In celebration of the SCV Senior Center's 40th Anniversary, Congressman Steve Knight presented a flag, which had flown over the United States Capitol Building. SCV Senior Center Veterans joined Congressman Knight in raising the new flag as Bob Danis performed "To the Colors" on trumpet.



## The Mobile Braille Van

The Braille Van will be here at the Senior Center on Monday, September 19th from 10 a.m. to 2 p.m.



## Volunteer

at the

**SCV Senior Center!**

Call us at

**661-259-9444**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 <b>CENTER CLOSED</b>	6 Egg & Potato Hash (egg, cheese and potato hash)	7 Beef Taco Salad (tortilla chips, ground beef, shredded lettuce, tomatoes and cheese)	1 Balsamic Chicken (chicken with balsamic sauce)	2 Roasted Cod Alla Puttanesca (cod fish with a savory diced tomato, capers & olive sauce)
12 Beef Chili (ground beef and kidney beans)	13 Roast Pork Loin and Gravy	14 Harvest Salad with Turkey	8 Fish & Salsa	9 Penne Alla Campagniola con Pollo (Rustic style pasta with chicken)
19 Chile Egg Puff <b>A Senior Center Favorite!</b>	20 Fish & Chips	21 Cranberry Chicken (Chicken with cranberry sauce)	22 Kalbi Beef (Korean style beef strips in sweet & savory sauce over wild brown rice)	23 Chicken Jambalaya (Chicken tossed in a zesty tomato sauce with corn)
26 Braised Pork Stew (pork with onion, yellow bell pepper, garlic, tomatoes, rosemary & thyme)	27 Chicken Galinhada (Brazilian chicken stew w/tomatoes & onions)	<b>Choice Day</b> A) Roasted Fish OR B) Greek Salad with Hot Fish	29 Napa Almond Chicken Salad Sandwich (apples, grapes, chicken celery)	30 Mediterranean Meat Stew (brown & wild rice, cubed beef, gravy)

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

# Menu for September 2016



**Monday  
October 17  
TPC Valencia**

# Golf Classic

## Sponsorship Levels

### PRESENTING SPONSOR - \$5,000

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

### PLATINUM SPONSOR - \$4,000

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

### GOLD SPONSOR - \$3,000

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

### SILVER SPONSOR - \$2,000

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



**Closest to the Pin Sponsor**



**Driving Range Sponsor**



**Putting Contest Sponsor**



### Longest Drive Sponsor - \$500

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

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

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

### Award Sponsor - \$1,000

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

### Hole Sponsor - \$200

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

### Foursome Only \$600

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

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

**THE COURSE WILL BE CART PATH ONLY!**

### Food Sponsor



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



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