

# THE MIGHTY OAK

FEBRUARY 2017

INDEPENDENCE • DIGNITY • QUALITY OF LIFE

## February is Black History Month

### Volunteer Billie Jean Curry and “Mother” Ida Kinney, Civil Rights Leader

By Robin Clough, Volunteer & Recreation Coordinator

Daily News columnist Dennis McCarthy wrote: “In the Northeast Valley, she’s Rosa Parks, Miss Jane Pittman and Eleanor Roosevelt all rolled up into one - a tough, feisty, lovable pioneer affectionately called ‘Mother’ by everyone who knows her, even though she’s never had a child of her own.” He is describing the late civil-rights activist Ida Kinney, close friend and “mother” of SCV Senior Center volunteer Billie Jean Curry.



Ida Kinney helped break color barriers with employers, unions and hospitals in the San Fernando Valley. Born Ida Ford in 1904, she was raised by grandparents who had been slaves in Arkansas.

Refused a teacher’s license, Kinney protested and petitioned the Governor of California, Pat Brown, which resulted in her receiving her credentials by order of the governor within ten days. This began her 84-year journey for civil rights, which included hundreds of marches and protests and associations with Rosa Parks and Martin Luther King Jr.

During World War II, Ida became one of the earliest black equivalents of “Rosie the Riveter” at Lockheed Martin’s Burbank

plant. She was one of the first African-Americans to work for Lockheed Aerospace. Ida campaigned tirelessly and was successful in opening the doors to allow black workers to join the union.

Ida Kinney played an integral role in the formation of the Head Start Program, and this is where fate brought Ida and Billie Jean together. Ida noticed Billie Jean and her nine children at a support service office and invited her to observe Head Start. They became instant friends. Billie Jean shares, “Ida had Head Start Centers opening in many areas and her goal was to integrate them. I consented to allow three of my children to join and affect change for the education of African American children.”

Billie Jean states, “I witnessed Ms. Kinney making it possible for minorities and low-income students to receive grants and loans at CSUN. She was even responsible for many of the parents attending college, including me! I had always dreamed of going to college but had no time with nine children. Before I knew it Ms. Kinney had taken care of all of my paperwork and application. I was a college student! She gave me hope and encouragement, convincing me that I had potential to do great things.”

Ida extended her advocacy for minority children and education to the needs of seniors. When her request to build a Senior Center in Pacoima was denied, Billie Jean says that Ida was undaunted. She set off for Washington D.C. and returned home with funding for a Senior Center!

It was a special “mother-daughter” bond that Ida and Billie Jean shared. The impact on Billie Jean is obvious, as she embodies the same spirit of service, education, and change. They were both molded by civil rights struggles and found comfort and inspiration in their relationship. At the age of 104 and knowing that she was dying Ida’s last request was to see the tough, feisty, lovable Billie Jean.



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## 2017 - Building for a Better Tomorrow!

### A Series of Articles by Executive Director Kevin MacDonald

The Senior Center has some exciting events and activities this month as we honor "Black History" Month, celebrate "Valentine's Day" and help individuals prepare their taxes thanks to AARP. Be sure to read through the "Mighty Oak" for more information on all the events.

We have also been working on updating the "Mighty Oak" and thanks to help from Prime Publication we will start the March edition with a new look, more compact, a new publication name and much more for your reading pleasure. We promise to keep you up to date on all Senior Center activities, meals and articles of interest.

The Celebrity Waiter event takes place on February 18, so please let us know if you would like to attend - individual and couple tickets are still available. Also - look for us on the cover of the Santa Clarita Magazine coming out soon - special thanks to the Hafizi family for all their support.

Important news:

This month - we plan to launch our public campaign to raise funds for the new

senior center and you can follow all the action at our new website link: [www.newseniorcenter.com](http://www.newseniorcenter.com)

We have some openings for Home Delivered Meals, so if you know of anyone that may qualify to receive a home delivered meal for lunch - 5 days a week, please call us a 661-259-9444.

The Senior Center has a robust Volunteer Program with 250 people volunteering every month. But, we always need help - so please spread the word and give us a call.

Each month, I host something called "Coffee & Conversation" where we sit down and discuss anything and everything related to Seniors - some come join us on Friday, February 17th at 1:00 p.m. at the Senior Center and we can meet face to face and share some coffee.

We hope you have a wonderful month, that you stay warm and dry, enjoy the Mighty Oak and feel "Connected"!

Kevin MacDonald can be reached at [kmacdonald@scv-seniorcenter.org](mailto:kmacdonald@scv-seniorcenter.org) or at 661-259-9444

## SCV Senior Center Advisory Council



Meet Robert Hill this month's featured SCV Senior Center Advisory Council member.

Robert heads up and coordinates Senior Center Trips and

Tours, handles the Senior Center Suggestion box, and is the interface with Henry Mayo Memorial Hospital.

The role of the SCV Senior Center Advisory Council is to be an advocate for Senior Center attendees, as well as all seniors, by promoting independence, dignity and quality of life. For more information about SCV Senior Center Advisory Council, please contact the Senior Center at 661-259-9444.



### Contributing Writers:

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**The Braille Van will be at the Senior Center on Wednesday, February 8th from 10:00am to 2:00pm**

## Ongoing Classes at The SCV Senior Center

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis. Most activities are for adults 18 and over. For more complete information and fees, please call the Center at 661-259-9444, or visit our website at [www.scv-seniorcenter.org](http://www.scv-seniorcenter.org)

### Arts & Crafts Classes

- **Art Workshop** – Tues., Wed. & Thurs., 9:30 a.m. – 12 p.m., Room A2
- **Mindfulness Coloring Club** – Thurs., 10 – 11:30 a.m. in Room A1 with Mary Ellen Dittmore
- **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 – 10:15 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

### Lifelong Learning continued

- **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 8p.m. with instructor Russ Evena.
- **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 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** – 2nd & 4th Monday only from 1 p.m. to 2 p.m. in 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

# Thanks, Henry Mayo.



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



**First & Third Thursdays  
February 2 & February 16**

**2:00 – 5:00 p.m.  
Doors open at 1:30 p.m.**

**\$10 (cash only)  
SCV Senior Center Dining  
Room**

*Try your luck to win cash  
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Door prizes!*

**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.



## **Dementia and the Death of an Icon**

*By Christina Aghajanian, Elder Rights Attorney*

With the recent passing of Hollywood Starlet Zsa Zsa Gabor, just shy of her 100th birthday, another light is shed on dementia. Individuals suffering from dementia decline at different rates. Gabor silently suffered from dementia for the last five years of her life.

Dementia stripped any reminder of the glitz and glamour that once was Zsa Zsa Gabor as she lived the final years of her life bedridden and attached to feeding tubes, completely oblivious to her own identity and stardom. With her fortune, Gabor was able to afford 24-hour care in her Bel Air Mansion. Such in-home care can average about \$15,000-\$20,000 a month. With the incredible high cost of care, the average person suffering from dementia or any long-term illness can't afford the care they need.

Our firm is often called on to assist families struggling with this very issue. We assist our clients in finding the right care for their loved ones, without draining all of their assets to pay for that care. We offer unique legal services that allow our team of professionals to provide a high level of attention to each client. We assess each client's needs and determine the best course of action to protect assets, like the family home, and obtain benefits to

help pay for the best care. Every client's circumstances and needs are different, as such, our planning and legal services are specific to each client. Families facing long-term care decisions, without the Gabor care budget, lean on our expertise to advocate for their loved ones, protect the assets, and help guide them through the emotional challenges they will face.

Our planning often includes preparation of critical legal documents to allow trusted family members to make important decisions without costly court interference; and, protection for the family home from State recovery for nursing home costs. Additionally, an Advance Healthcare Directive is put in place to guide the Agent in making healthcare decisions, including decisions regarding feeding tubes and palliative care. Our Elder Care Coordinator's will assist clients with coordinating services to help take care of the client, whether it be in-home care or care in a facility. Our planning encompasses a wide range of client needs, including: advocating for our clients to get the best possible care; handling Medi-Cal or VA matters, if applicable; asset protection and many other issues. Our ultimate goal is to ensure the best quality of life for our clients and their families, given their individual circumstances.

*For more information, please call 661-287-3260, or visit our website at [www.TheMcNamaraLawFirm.com](http://www.TheMcNamaraLawFirm.com).*

# How Will You Care for Your Aging Loved One?



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

**February, 2017**

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

- **Wednesday, February 1st, 1:00pm** – Cardiovascular Health: Nutrition and Inflammation, Dr. Cynthia Thaik, Cardiologist, Author, Health & Wellness Speaker
- **Wednesday, February 8th, 1:00pm** – To Be Announced, Henry Mayo Newhall Hospital
- **Wednesday, February 15th, 1:00pm** – Senior Burn Safety, Debbie Karaman, MPH, Burn Prevention Educator, Grossman Burn Center
- **Wednesday, February 22nd, 1:00pm** – Heart Health Nutrition, Facey Medical Foundation

### Health Screenings

- **Blood Pressure Checks:**  
**Wednesday, February 1st 12pm – 1pm,** Reception Office  
**Wednesday, February 8th, 15th, 22nd, 10:30am – 12:00pm,** Reception Office

### 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, February 13th and 27th 12:30 – 1:30pm, Bouquet Canyon Senior Apartments

### Attention Tuesday and Thursday Participants in Classrooms A1 and A2

AARP Tax Services will be utilizing Rooms A1 and A2 on Tuesdays and Thursdays, February 7 – April 18, 2017, 8:00 a.m. – 4:30 p.m.

A1 and A2 Tuesday/Thursday Classes Will be held in alternate rooms, times, or canceled during this time:

- Anthro/History Club: Room A-6 (will meet at regular time: 9:30 – 11:00 a.m.)
  - Art Club – Canceled or may use Atrium (Art Club will continue to meet on Wednesdays)
  - Junior Bridge – Canceled
  - Table Tennis: Fridays, 1:00- 4:00 p.m. (Except 2/24 and 3/31; Check with receptionist in advance to confirm availability.)
  - Restorative Yoga: Room A6, 8:15 -9:15 a.m.
  - Coloring Club: Rooms A4 and A5, 9:30 – 10:30 a.m.
- Thank you for your patience and flexibility.

**NOW OPEN!**

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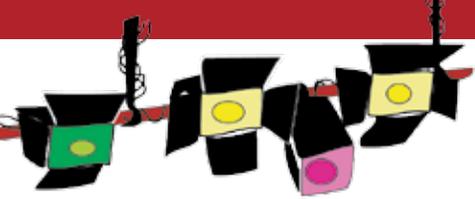
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# Volunteer Spotlight – Betty Neff and Pete Carlson

By Robin Clough, Volunteer & Recreation Coordinator

Betty Neff and Pete Carlson are a power couple who volunteer in three food-service positions! Answering a newspaper ad about the need for Senior Center Home-delivered Meal drivers, Betty and Pete not only became drivers



other volunteers. Let's face it we are a great bunch of people!" Meeting meal recipients is hugely rewarding for them: "This is the most gratifying time spent, especially when they remember our names. We try to spend a few minutes to talk, showing we care. We always remember them with small gifts on special holidays."

Betty and Peter also assist two days a week in the packing room getting food ready for delivery with "a fun bunch of people." In addition they serve meals at the Bouquet Canyon site. "This has also become a highlight in our week," they comment, "especially since we now can remember the names of all 40 guests." It is particularly rewarding for them to chat with so many interesting people and hear their stories.

Food Service Director, Joanna Vallelunga, praises their help: "Pete and Betty are the Champions of Champions! Always ready, able and willing to assist whenever and wherever needed whether its helping pack 250 Home Delivered Meals, delivering Home Delivered Meals or assisting at our Bouquet Canyon Congregate Site. Pete has recently passed the California Food Handlers course – just another token of commitment from this team!"

Before retiring, Betty traveled the country as a payroll manager for international airports. Betty is the group leader for Stitches from the Heart which knits hats and blankets for chemotherapy patients and premature babies. She is a liaison for the Senior Center Needlecrafters and organizes collaborations.

Pete traveled the world with the semi-conductor industry before retiring. He was a Marine during the Viet Nam era, spending a year in Japan. Many in his platoon lost their lives, but he has no regrets about serving and is honored to have been in the Marine Corps.

Pete and Betty are endearingly known by fellow volunteers as Peanut Butter & Jelly, and are just as perfect a match. Together they are a force that makes a difference in the lives of countless seniors.

but soon were filling in any days there was a shortage.

They have been volunteering with enthusiasm and joy for five years and happily comment, "We have made many friends that we deliver to, including



## Cardiovascular Health

The Impact of Inflammation & the Importance of Nutrition

**Wednesday, February 1st**  
**1:00 – 2:00 p.m. – Room A1, A2**

Presented by: Dr. Cynthia Thaik, MD,  
Cardiologist, Holistic Healing Heart Center

February marks American heart month. Heart disease is leading cause of death for men and women in the United States. Did you know that every 1 in 4 deaths are caused by heart disease? Dr. Cynthia Thaik uses a unique approach of holistic cardiology to educate and promote heart healthy habits. Join us for this round table talk with Dr. Cynthia Thaik.

## Health & Wellness Lectures



### Burn Prevention & Safety

Presented by: Debbie Karaman, MPH,  
Burn Prevention Educator,  
Grossman Burn Foundation

**Wednesday, February 15th**  
**1:00 – 2:00 p.m. – Room A1, A2**

Changes in vision and mobility can be challenging when preparing meals or dealing with household daily activities. These changes when combined with medication side effects place older adults at a higher risk than younger adults for burns, scalds, and accidental fires. Join us for this informative session to learn about the risk factors, common burn injuries, and statistics.



### Heart Health Nutrition

Presented by: Nare Davoodi, MS, RD,  
Wellness Education Specialist, Facey  
Medical Foundation

**Wednesday, February 22nd**  
**1:00 – 2:00 p.m. – Room A1, A2**

Your heart is your friend. It is important to keep it healthy and strong in maintaining a quality of life. Your body's weight, cholesterol levels, diabetes, and blood pressure all contribute to your heart health. It is important to educate yourself on these aspects of your health. Join Nare Davoodi, to discuss the risk factors, lifestyle tips and nutrition guidelines necessary to keep your heart healthy and happy.

# TRIPS & TOURS

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

## San Manuel Indian Casino

Wednesday, 03/08/17

Departs: 10:00am

Return Approx:

7:00pm

Price: \$28.00

(No Refunds!)

Have fun the San Manuel Indian Bingo way!!

Over 3,000 hot slot machines to try your luck and... an astounding 2,500 –seat, state of the art Bingo Hall!



## Discover Switzerland, Austria & Bavaria

July 20 – 29, 2017

Journey through spectacular mountain scenery and picturesque cities as you experience the enchanting Alpine cultures of Switzerland, Austria and Bavaria. Spend four nights each in the UNESCO World Heritage city of Bern and the charming Alpine city of Innsbruck. Walk the halls



of the 13th-century Château de Chillon, a princely residence on the shores of Lake Geneva. Ride the legendary GoldenPass Panoramic Train from Montreux to the Alpine ski resort Gstaad. Explore Lucerne, the “Swiss Paradise on the Lake.” Visit Mozart’s birthplace and the Mirabell Gardens, featured in the “Sound of Music,” during your time in Salzburg. See the fairy-tale castle, Neuschwanstein. Visit Oberammergau, a picture-perfect traditional German Alpine village. Sample traditional regional cuisine, including cheese fondue, at some of the oldest and most famous restaurants in Europe.

Pricing: \$3,999pp Double, \$4,299 pp Single

\* For bookings made after 1/21/2017 call for rates.

\* Included in Price: Round Trip Air from Los Angeles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

\* Not Included in Price: Cancellation Waiver and Insurance of \$280 per person

\* All Rates are Per Person and are subject to change based on air inclusive package from LAX

## Heritage of America

April 29 – May 8, 2017

Follow the epic story of American democracy. Join a local guide on a tour of New York City, featuring the Empire State Building, Greenwich Village and other time honored landmarks. Visit the presidential estates of Washington’s Mount Vernon and Jefferson’s Monticello. Walk the hallowed battlefield at Gettysburg.



Tour some of Colonial Williamsburg’s 88 restored historic buildings. Learn first-hand about the Amish way of life while enjoying dinner with an Amish family. Travel along the famous Skyline drive and see amazing views of the Shenandoah Valley. Explore the countless treasures

of the Smithsonian Institution, including the actual Apollo 11 Command Module and the Hope Diamond.

Pricing: \$3,179pp Double, \$4,179pp Single, \$3,129 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 \$240 per person

## Visually Impaired



The Santa Clarita Valley Senior Center is proud to offer the Visually Impaired Support group, where those who are experiencing vision loss are able to come and feel supported by their peers while also learning valuable information about vision loss.

Support groups offer encouragement, comfort, and advice while bringing people together who are experiencing the same issues. When dealing with a loss of any kind, you may find it helpful to talk with people who are in the same situation. While not everyone wants or needs support beyond what your family or friends offer, you may find it comforting to connect with those outside your immediate circle.

The Visually Impaired Support Group is run by group leaders, John Taylor and Chelsea Damiani. John, who is also visually impaired, has been running the group for many years and is also the Visually Impaired Service Case Worker at the Senior Center. Chelsea is a second year Master of Social Work student at USC. She is currently an intern at the Senior Center in Supportive Services. Information about the group is listed below. For all other questions or concerns, please contact John or Chelsea at (661) 259-9444.

Location: Bouquet Canyon Senior Apartments  
26705 Bouquet Canyon Rd. Valencia, CA 91350

Time: 12:30-1:30

When: Every 2nd & 4th Monday each month

We look forward to meeting you!!



**KAIDEN ELDER LAW GROUP, PC**  
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**If You Want To Leave Everything  
 To A Nursing Home,  
 That's Your Business!**

**If You Want To Leave Your Money  
 To Loved Ones Instead,  
 That's Our Business!**

We have saved many millions of dollars for our clients.  
 We specialize in updating probate avoidance estate plans,  
 to comply with elder laws & provide asset protection!

### **Why Should You Review Your Estate Plan?**

- ➔ **You created a Trust before 2013 (when death taxes were a problem) and you don't want your spouse to deal with complicated administration.**
- ➔ **You are recently divorced, married or widowed.**
- ➔ **One of your beneficiaries is on SSI or Medi-Cal, and you don't want them to lose out on benefits.**
- ➔ **You're concerned about protecting beneficiaries from divorces, lawsuits, creditors & predators.**
- ➔ **You want to protect yourself and your spouse from the devastating costs of long term care.**

### **Principal Attorney, Randall F. Kaiden:**



AVVO LEGAL – Perfect 10 out of 10 Rating  
 Certified Estate Planning Law Specialist by the  
 National Association of Estate Planners & Councils  
 2016 President-Elect of the National Academy of  
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 Mr. Kaiden is available to speak to organizations about elder law topics.

## **Does A Living Trust Provide Asset Protection?**

*by Randall F. Kaiden, Esq.*



In my law practice, I get this question almost every week. And my answer is always no: You do not get any creditor protection from a revocable living trust. This upsets people sometimes because they really want that protection and they have “heard” they can get it with a trust.

I believe people are confused because sometimes asset (i.e. creditor) protection is available with trusts, even a revocable living trust. That protection is not available to the person who set up the revocable trust however.

Which really brings up how asset protection is achieved. It is achieved by giving up (or not having in the first place) direct control over trust assets. This occurs when a revocable living trust becomes irrevocable - for example, the person who set up the trust passes away or other triggering event occurs. It also arises during life when a person voluntarily gives up control of his or her assets – for example, people sometimes set up an irrevocable trust and then “give away” certain assets to that trust.

In other words, the beneficiaries of your revocable living trust (usually your children) may get asset protection, so long as they do not have direct access to the trust's assets and certain other formalities are put in place. Similarly, during life, an irrevocable trust can be established by you, where you give up the direct control and benefit of certain assets that are transferred to that trust. Most of the time this is not appealing to people. Sometimes however, it is necessary to preserve a person's lifestyle and stave of bankruptcy. Common examples of such are for a Veteran who needs Veterans Pension Benefits to pay for assisted living or a senior who needs Medi-Cal to pay for skilled nursing care.

It's important to note that if a parent or other loved one wants to provide concrete asset protection for their beneficiaries – no matter what kind of trust is established – that trust really needs to have a “spendthrift clause,” “trust protector” and also a “distribution trustee.” This might sound like complicated legalese, but in reality, it is not too difficult to implement such safeguards. Experienced estate planning and elder law attorneys use these provisions in special needs trusts, retirement trusts, dynasty trusts, as well as with Medi-Cal and Veterans Asset Protection Trusts.

The take away: if you want to achieve asset protection for yourself or for your loved ones, it can be done with an expertly drafted trust, where control is tailored to suit your particular circumstances.

*For a free consultation regarding your family's asset protection needs, contact Randall F. Kaiden, Esq.*

of Kaiden Elder Law Group, PC, at (661) 247-8433, or via our website at: [www.kaidenelderlaw.com](http://www.kaidenelderlaw.com).



### **Valentine's Day Celebrations**

**Tuesday, February 14 • Dining Room**  
**Lunch Celebration: 11:30 – 12:30 p.m.**  
**Valentine Party: 2:00 – 3:00 p.m.**

- *Lunchtime serenade of classic romantic tunes with John Swinford and Co., lovely party favors, and amorous ambiance.*
- *After-Lunch Party with sweet treats, valentines, music, and lots of fun.*



# Yucca is Yucky

by Rita Roth

My oldest son has recently decided to become a vegan. He has always enjoyed a wide variety of vegetables so I suppose it wasn't a great sacrifice for him to completely exclude meat from his diet. Of course, as a vegan he must also give up milk, cheese, eggs, and such. Because of all he is giving up he must be very innovative when it comes to preparing his food. For several weeks he has been extolling the delight of a vegetable

called yucca root. Now I myself have a great liking for vegetables and I have prepared many of them in many different ways. However, yucca root has not ever been on my menu. I am not sure that I had ever heard of it, much less eaten it.

A recent telephone conversation with my son went as follows.

SON; "mom you have to try this vegetable that I've been fixing. It's called yucca root and it tastes great."

ME: "It's called what?"

SON; "yucca root, go buy some and I'll tell you how to fix it".

ME: (with great lack of enthusiasm) "okay."

This happened about a week ago. Since that time there have been daily phone calls, all concerning the dratted yucca root. Finally, tired of his relentless nagging I went to the market and asked the produce person if he had yucca root. He led me to a bin and picked up a horrible looking object. "Is that yucca root?" I asked him, "what do you do with it?" He shrugged his shoulders. "darned if I know" he said as he walked away.

As I mentioned previously, I have a great fondness for vegetables. Not only are they good for us, but they also taste good and look good. The eggplant's beautiful purple color and round smoothness is a thing of beauty, and so it is with most vegetables. But not the yucca root. It is definitely not pretty, in fact it's downright repulsive looking. For those of you not familiar with this beastly looking thing, let me try to describe it. The one that it bought is about a foot and a half long. Its color is a kind of muddy brown and its skin looks like the hide of a rhinoceros. I dread to think what trying to get a knife through it would be like.

As if all of this is not enough to make you want to avoid it like the plague, there is something else. My son told me that if you don't cook it right it could poison you. Yes, you heard right. Not only is it hideous but it is also lethal.

I really did intend to try this yucca root with dinner tonight. After all I promised my son that I would, but after careful consideration, I think I'll just open a can of peas.

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Nola Aronson

## Hear Your Best this Valentine's Day!

Valentine's Day is coming and love is in the air! While some people

may not subscribe to this holiday, the romantics of the world are surely planning a nice evening with their significant others. If you're one of these old-fashioned romantics – shopping for flowers and chocolates, or planning a nice dinner on the town – take a few moments to consider how hearing loss affects your relationship throughout the entire year.

Oftentimes, hearing loss occurs so gradually that many people don't realize they have a problem. If you suffer from hearing loss and haven't noticed it, chances are your wife, husband, or significant other notices it every single day! Perhaps he or she is always repeating themselves when you can't hear them the first time, or they bicker with you over the volume of the radio or TV. Many people don't realize the negative effects that hearing loss has on those close to the person impaired, and the tremendous

strain these negative effects can create in an otherwise loving relationship. Hearing is critical to effective communication, and communication is key to healthy relationships.

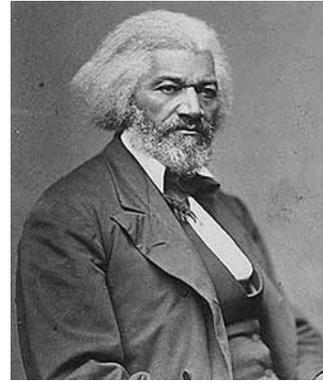
If the person you care about most is complaining about your hearing, give them the romantic gift that will last well beyond February, and have your hearing tested by an audiologist! Today's hearing devices are more discreet and advanced than ever, and can help you hear well again in almost any environment—including crowded, dim, romantic restaurants!

Valentine's Day is only once a year, but hearing and communication are important year-round. If you're special someone is complaining about your hearing, show them you care by getting your hearing checked today! *Call the hearing experts at Nola Aronson's Advanced Audiology to schedule your appointment, 661-877-9061.*

If you have questions about hearing more clearly, call the hearing experts at Nola Aronson's Advanced Audiology, 661-877-9061.

### Senior Center Scholar Series

## In Honor of Black History Month



### Frederick Douglass Abolitionist, Writer & Orator

Wednesday, February 22  
10:00 - 11:00 a.m.  
Rooms A-1 & A-2

Frederick Douglass (1818-1895) was an African-American social reformer, abolitionist, orator, writer, and statesman. After escaping from slavery, he became a national leader of the abolitionist movement in Massachusetts and New York, gaining note for his dazzling oratory and incisive antislavery writings.

Douglass immortalized his years as a slave in *Narrative of the Life of Frederick Douglass, an American Slave* (1845). This and two subsequent autobiographies, *My Bondage and My Freedom* (1855) and *The Life and Times of Frederick Douglass* (1881), mark his greatest contributions to American culture.

Brilliant, heroic, and complex, Douglass became a symbol of his age and a unique voice for humanism and social justice. He spoke and wrote on behalf of a variety of reform causes: women's rights, temperance, peace, land reform, free public education, and the abolition of capital punishment. But he devoted the bulk of his time, immense talent, and boundless energy to ending slavery and gaining equal rights for African Americans.

Join Professor Lissa Brassfield for this fascinating presentation!

We Love to Help You Hear!

Nola and her staff at **Advanced Audiology** want to thank the community for the opportunity to support and care for your hearing health needs! Thanks to you, we reached our goal of providing 1,000 free hearing screenings last year. In honor of our **30th anniversary**, we want to celebrate better hearing by offering **1,500 free hearing screenings** to the community.

Let us help you or your loved ones achieve healthy hearing for Valentine's Day! Schedule your free hearing screening today or go to [www.scvadvancedaudiology.com](http://www.scvadvancedaudiology.com) to download our **FREE Hearing Guide** for more information on hearing health.



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## Anne Scotts Corner

### EVER WONDER WHY ...

In drug stores, sick people have to walk to the back to get their medicines while well people can buy cigarettes at the front counter?

People order a double cheeseburger, fries and a diet coke?

Banks leave both doors open, but chain pens to the counters?

They put ten hot dogs in a package and buns in a package of only 8?

They place Braille lettering on ATM machines?

Why lemon juice is made with artificial flavoring and dish washing liquid has real lemon.

Why they call "rush hour" at the time of day when the traffic moves the slowest?

They sterilize the needles for lethal injections?

### From the Kitchen of:

Eva JoAnne Wheeler

### Recipe:

Italian Pasta Salad

- 1 pkg. pasta (12-16 oz.) cooked
- 1 cup mushrooms, drained
- 1 cup marinated artichoke hearts, drained
- 1 cup pitted ripe olives, drained
- Diced provolone or string cheese
- 1/2 pkg. pepperoni
- Italian Salad dressing (16 oz.)



Directions: Cook pasta, drain and cool. Add remaining ingredients. Cover and refrigerate until chilled.

## AARP Tax Assistance at the SCV Senior Center



Tax season is never taxing for those who utilize the services of AARP tax volunteers at the SCV Senior Center. Jim Ozasky is the SCV Senior Center local coordinator for AARP's Tax Aid Foundation program. It is targeted to those with low-income and seniors, but provides full service as well. His extraordinary team of volunteer tax counselors are trained each year on state and federal tax regulations, and are certified by the IRS to provide tax preparation services.

Services are free and will be offered at the SCV Senior Center February 7 through April 18 on Tuesday and Thursdays from 9 a.m. to 3 p.m.

To schedule an appointment to have your taxes prepared, contact the SCV Senior Center receptionist at 661-259-9444.

## • Maya Angelou and Langston Hughes: Poetry Recital & Lecture

### • Display of African-American Inventions

Featuring Tiffany Travillion, Author and Composer

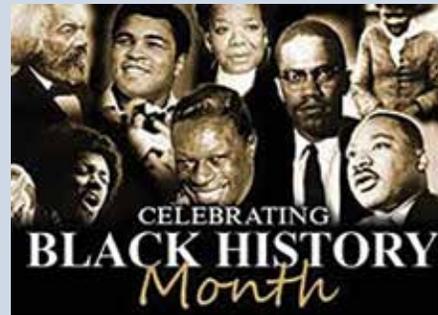
Friday, February 10

1:00 – 2:00 p.m.

Rooms A1 & A-2

Maya Angelou and Langston Hughes were African-American poets and activists. Ms. Angelou published autobiographies, books of essays and poetry, and was credited with a list of plays, movies, and television shows spanning over 50 years. Mr. Hughes was a novelist, playwright, and columnist. He was one of the earliest innovators of the then-new literary art form called jazz poetry.

Ms. Tiffany Travillion will recite "Still I Rise" by Maya Angelou and "I Too" by Langston Hughes.



A variety of Black-American inventions and patents will be on display.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<i>Happy Valentine's Day</i>		1 Fish & Chips or Greek Entree Salad with Roasted Fish	2 Napa Walnut Chicken Salad Sandwich	3 Mediterranean Meat Stew
6 Fish Taco Salad NEW RECIPE	7 Chili Egg Hash or Beef Liver & Onions	8 Lemon Caper Chicken	9 Pescado Veracruz	10 Turkey Burger
13 Spaghetti Bolognese Topped with a garnish of Parmesan Cheese	14 BBQ Pulled Pork Sandwich	15 Egg Salad Sandwich Made in-house to ensure freshness!	16 Balsamic Glaze Chicken A Senior Center Favorite	17 Pescado Puttanesca
20 CLOSED In Observance of President's Day	21 Egg & Potato Hash Related to the Chili Egg Puff with added shredded potatoes & pork	22 Beef Taco Salad Savory meat served over crispy tortillas and topped with lettuce, tomato & cheese	23 Mexican Fish & Salsa! Cod fish topped with salsa, crushed tortilla and cheese	24 Chicken Campagniola A rustic dish of penne pasta topped with simmered medley of potatoes, egg- plant, olives & dice tomato
27 Beef Chili	28 Savory Pork Loin			

Note: Menu is subject to change without notice.

# Menu for February 2017

# 'Let the Music Play' at Celebrity Waiter Dinner - Unique auction items and a rockin' good time await guests on February 18

photograph by Joie de Vivre Photographie

Get ready to "Let the Music Play" on Saturday, February 18 as the Santa Clarita Valley Senior Center hosts the much-anticipated Celebrity Waiter Dinner at the Hyatt Regency Valencia. One of the biggest parties of the year, this annual event drums up enough excitement to fill a ballroom as guests dress up in themed attire and dance the night away.

Based on this year's theme, table sponsors are reserving their themes based on musicians, musical genres and more. Brian Koegle will serve as master of ceremonies, and this year's event co-chairs are Vanessa Wilk and Tony Watson.



(L-R) Michael Hearn, Brian Koegle, Tony Watson, Bob Danis, Alexander Hafizi, Tracy Hauser, and Kevin MacDonald.

Auctioneer Curt Waite is working on a surprise game that will give all guests a chance to win a valuable prize. Dancing to a disk jockey, entertainment and waiter antics are all part of the evening.

Funds from this event support the Senior Center's valuable programs, as well as the construction of a new 30,000-square-foot building. The new facility more than doubles the recreational space for activities and meetings, and it will provide countless new ways for the non-profit to meet the need that's expected to grow on a national scale in the next decade.

Helping to raise funds for these vital projects, the lineup of auction items is outstanding this year! Tickets to taping of two popular television shows and catered parties are featured on the auction block. The television taping packages include tickets for two to a 2017-18 taping of "Big Bang Theory," including an autographed cast photo and Warner Bros. Studio lot tour. The second television package includes tickets for four to a taping of the CBS show, MOM, plus autographed photos. Additional perks are being sought to add to the package.

The party packages include dinner for 12 at Reyes Winery in Agua Dulce, including five wines to taste and food pairings with each wine. A second barbecue package from Rotary Club of SCV will accommodate 30 people at the winning bidder's designated local venue, including tables and chairs from SCV Rentals and premium restrooms donated by Andy Gump.

Westin Kierland Resort & Spa has donated two separate getaway packages—one in Scottsdale, AZ, and the other to Rancho Mirage. Both packages include a two-night stay and breakfast for two. Yet another vacation package includes one week at a Diamond Resort timeshare.

Other auction items include a sports package of sporting events tickets and access to VIP facilities, dinner for two at Le Chene French Cuisine and a room for the night at the nearby Sierra Pelona Motel, a private plane ride from Agua Dulce to Goleta and lunch, theatre and restaurant packages, and a luxurious treatment for two at Balance Point Day Spa. A City of Santa Clarita package will include, Concerts in the Park, the SCV Cowboy Festival, and the four current City Council members have agreed to host a constituent buyer for lunch. There's also lunch with State Senator Scott Wilk on the auction block.

Committee members also are working on additional items and, as usual, bidders will have the opportunity to bid on the head table for 2018 Celebrity Waiter dinner.

Table sponsorships are available at levels ranging from \$5,000, to \$1,500, each seating 10 guests. Table sponsorships come with such perks as preferred table location, wine and other benefits, depending on sponsorship level. Guests who are not part of a sponsored table can purchase individual seats for \$150, which includes a package of \$50 in scrip for waiter 'tips.' Sponsors can provide their own "celebrity" waiter or request the committee to provide a waiter.

Online visitors can see photos of past events and comments on Facebook at [www.facebook.com/scvcelebritywaiter/?ref=ts](http://www.facebook.com/scvcelebritywaiter/?ref=ts). Guests and table sponsors can make purchases online and obtain further information at [www.myscvcoa.org/celebritywaiter](http://www.myscvcoa.org/celebritywaiter).

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