

THE CHRONICLE

JANUARY/FEBRUARY 2012 ♦ A Monthly Publication of The Costa Mesa Senior Center ♦ VOLUME XIX NO. V
A Non-Profit Corporation

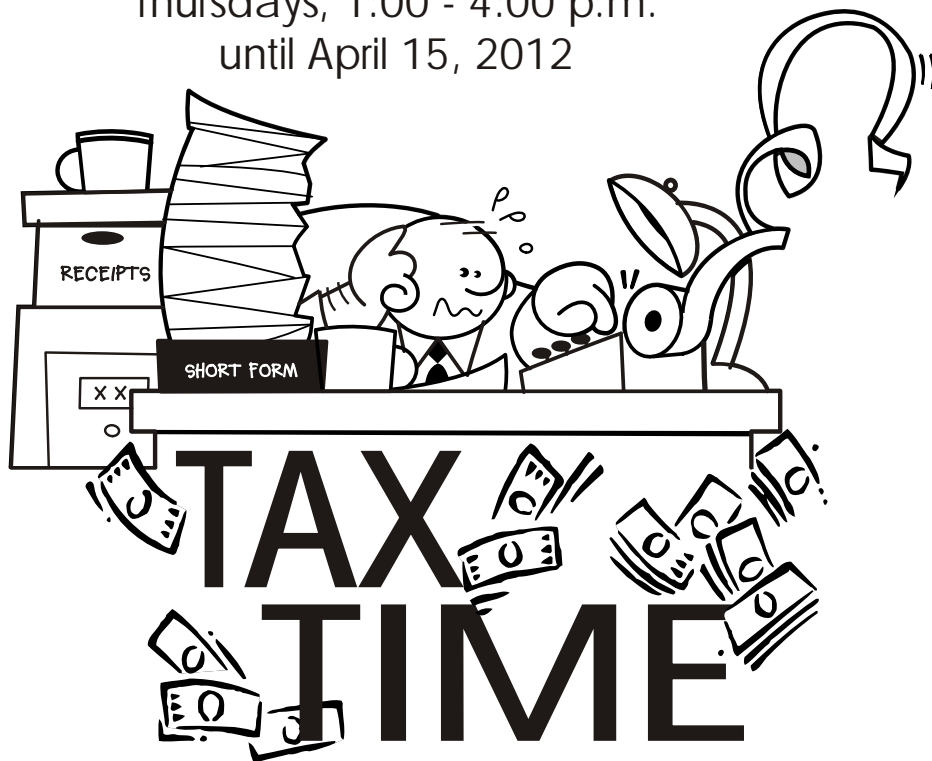


HANG ON...
help is on the way!

AARP TAX-AIDE PROGRAM



Thursdays, 1:00 - 4:00 p.m.
until April 15, 2012



Members, Please call for an appointment at the front desk
(949) 645-2356

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Winter

*Winter is the time for comfort,
for good food and warmth, for
the touch of a friendly hand
and for a talk beside the fire: it
is the time for home.*

~Edith Sitwell



THE COSTA MESA SENIOR CENTER

This multipurpose Center is governed by the independent nonprofit Costa Mesa Senior Corporation. The Mission of the Corporation and the Center is to maximize the quality of life among the older adult population of Costa Mesa and surrounding communities through provision of programs that will:

1. promote dignity and self-esteem;
2. foster independence and self-determination;
3. facilitate social interaction and involvement in community life; and
4. dispel stereotypical and negative myths about aging.

Costa Mesa Senior Center

695 W. 19th St., Costa Mesa, CA 92627
(949) 645-2356 Fax (949) 645-4804
Monday - Friday, 9:00 a.m. - 5:00 p.m.
Email: info@costamesaseniorcenter.org
Website: costamesaseniorcenter.org

Executive Committee of Board

Judy Lindsay, President
Ron Frankiewicz, Treasurer
Paul Flanagan M.D., Secretary
Mike Scheafer, Immediate Past President

Board Members

Judy Berry, Phyllis Daugherty,
Kathleen Eric, Ernie Feeney,
Hank Panian, David Stiller, Joan Weeks

City Representative

Donna Theriault, Management Analyst
Lisa McPherson, Recreation Supervisor

Next Board Meeting

Tuesday, January 17, 2012 at 7:30 a.m.

Staff

Aviva Goelman, Executive Director, ext. 20
Marian Criss, Administrative Assistant, ext. 16
Darryl Kim, Program Director, ext. 15
Cecilia Zhang, Fiscal Officer, ext. 28
Charu Mody, Social Services Coordinator, ext. 24
Erica Sepulveda, Center Coordinator, ext. 13

Community Senior Serv - (949) 631-8171

Nutrition Site Manager
See page 9 for more information.

Center Travel - (949) 645-1032

Phyllis Daugherty, Travel Chairperson
See Travel insert for more information.

Health Screening - (949) 645-2356, ext. 18

Cheryl Lowes, R.N., P.H.N.

How to Include the Costa Mesa Senior Center in Your Will

By including the Costa Mesa Senior Center in your will, you can ensure that your support of the center will continue in perpetuity.

There are several ways to make gifts to support the work of the Costa Mesa Senior Center through your will and language you can suggest to your attorney to help you accomplish your goals.


Percentage - "I give, devise and bequeath to the Costa Mesa Senior Corporation for the support of the Costa Mesa Senior Center located in Costa Mesa, California, _____% of the residue of my estate."

Dollar Amount - "I give, devise and bequeath to the Costa Mesa Senior Corporation for the support of the Costa Mesa Senior Center located in Costa Mesa, California, the sum of \$ _____."

Specific Property - "I give, devise and bequeath to the Costa Mesa Senior Corporation for the support of the Costa Mesa Senior Center located in Costa Mesa, California, my interest in (describe the property, and/or its location, address, license number, etc.)."

Your bequest can be unrestricted as to its use, or restricted for a specific purpose such as scholarships, an endowment, capital or equipment purchases, or a specific center program. For more information on including CMSC in your estate plan please contact your financial advisor.

Donations made to the Costa Mesa Senior Center are tax deductible as charitable contributions.



Date: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: (_____) _____

Please make check payable to the Costa Mesa Senior Center.

Remit completed form to: Costa Mesa Senior Center
695 W. 19th Street
Costa Mesa, CA 92627

Disclaimer: *The Costa Mesa Senior Center Corporation does not assume responsibility for errors, omissions or misinformation, nor do we recommend, endorse or guarantee products, professional services, or personal opinions expressed.*

In keeping with the mission of providing a variety of programs and services for the enjoyment of all seniors using the Senior Center, please be aware that classes and services may be added or deleted and schedules rearranged without prior notice.

CALENDAR OF EVENTS

JANUARY

2	Monday	Happy New Year – Center Closed
3	Tuesday	Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
16	Monday	Martin Luther King, Jr. Day – Center Closed
17	Tuesday	Board of Directors Meeting 7:30 am. Meeting room. Membership Meeting 1:30 - 3:30 ;m. MP room Center updates, entertainment, refreshments and fun Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
31	Tuesday	Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00

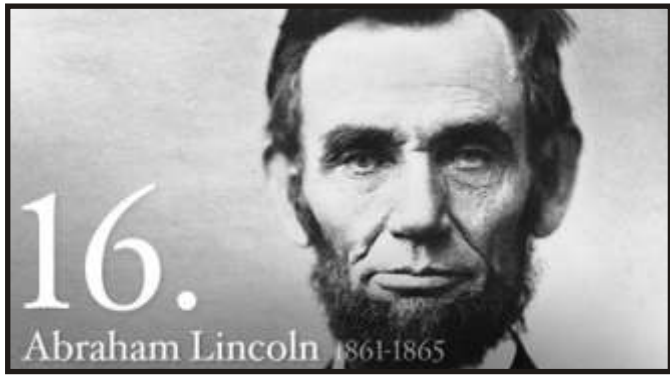
FEBRUARY

7	Tuesday	Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
20	Monday	Presidents' Day – Center Closed
21	Tuesday	Board of Directors Meeting 7:30 am. Meeting room. Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00



Born in 1732 into a Virginia planter family, he learned the morals, manners, and body of knowledge required for an 18th century Virginia gentleman.

Washington enjoyed less than three years of retirement at Mount Vernon, before he died of a throat infection December 14, 1799. For months, the Nation mourned him.



Born in 1809, the son of a Kentucky frontiersman. Lincoln made extraordinary efforts to attain knowledge while working on a farm.

On Good Friday, April 14, 1865, Lincoln was assassinated at Ford's Theatre in Washington by John Wilkes Booth, an actor, who somehow thought he was helping the South. The opposite was the result, for with Lincoln's death, the possibility of peace with magnanimity died.

Classes & Activities

ARTS & CRAFTS

KNITTING GROUP

Volunteer instructor, Jackie Johnson, will assist anyone with difficult patterns or just brushing up on rusty skills.

DAY	TIME	ROOM	COST
Tues.	1:00-3:00 PM	B	\$.25/Day

MARSHALLESE ISLAND CRAFTS

Come learn the ways of the island by making authentic crafts using pandanus leaves. Instructor: Greta Briand.

DAY	TIME	ROOM	COST
Wed.	1:30-2:30 PM	M	FREE!

PAINTING WORKSHOP

This class is designed for the beginning and intermediate painters.

DAY	TIME	ROOM	COST
Tues./Fri.	2:30-4:30 PM	M	FREE!

QUILTING

Come learn to quilt or just have fun making quilts for family and friends, and continue the traditions of American quilters. Instructor: Dorothy

DAY	TIME	ROOM	COST
Mon.	1:00-3:00 PM	AC	FREE!

SCRAPBOOKING CLASS

Learn to preserve photos and journals to be enjoyed by friends and family for generations. Make your album come to life by using many craft techniques and colorful enhancers. Gather your photos and bring them to class; we will show you how to get started. Instructor: Donna Bunnell.

DAY	TIME	ROOM	COST
Tues.	7:00-9:30 PM	B	FREE!

DANCE

BALLROOM DANCING - TUESDAY NIGHTS

The Costa Mesa Tuesday Ballroom Dance features live music with Betty's Trio and refreshments. Everyone welcome!

DAY	TIME	ROOM	COST
1st & 3rd Tues.	7:30-10:30 PM	MP	\$5.00/Night

BALLROOM DANCE

Professional dance instructor, Candy Davis, teaches dances such as the fox trot, cha-cha, waltz and more. No partner necessary.

DAY	TIME	ROOM	COST
Fri.	2:30-4:30 PM	MP	\$6.00/Day

HAWAIIAN DANCE (HULA)

Come exercise while learning the beautiful and graceful dance of the Hawaiian Islands. Instructor: Kuulei Fahilga.

DAY	TIME	ROOM	COST
Wed.	12:30-1:30 PM	MP	FREE!

FUN & GAMES



BINGO

Prizes consist of pastries, bread and \$1.00 grocery certificates. Each card is 25¢, 4 card maximum. You may bring your own cards, but must still pay to play.

DAY	TIME	ROOM	COST
Mon.	1:00-3:00 PM	MP	\$.25/Card
Thurs.	10:30 AM-2:30 PM	MP	\$.25/Card

BRIDGE, CONTRACT

Volunteer coordinator hosts Contract Bridge. No partner necessary, everyone welcome.

DAY	TIME	ROOM	COST
Tues.	10:00 AM - 2:00 PM	AC	\$1.00/Day
Wed.	10:00 AM - 2:00 PM	B	\$1.00/Day

BRIDGE, SOCIAL

Volunteer coordinator hosts Social Bridge. Everyone welcome. No partner needed.

DAY	TIME	ROOM	COST
Mon.	1:00-3:00 PM	M	\$.50/Day



BEGINNING PINOCHLE

Come learn to play the exciting game of Pinochle. No partner necessary and everyone is welcome.

DAY	TIME	ROOM	COST
Fri.	9:00 - 10:30 AM	M	\$.50/Day

PINOCHLE

Volunteer coordinator Luella Ottele hosts Pinochle. Everyone welcome, no partner necessary.

DAY	TIME	ROOM	COST
Tues./Fri.	10:30 AM-2:30 PM	M	\$.50/Day

TABLE TENNIS - PING PONG

Come and compete with this lively group. It's all in fun!

DAY	TIME	ROOM	COST
Wed.	2:30-5:00 PM	MP	\$1.00/Day

Classes & Activities

EXERCISE & FITNESS



AEROBICS

Conditioning activities to fit the personal health and fitness needs of older adults. Instructor: Kathy Andrus.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	9:00-10:30 AM	MP	\$65

BALANCE & MOBILITY

Designed to improve your ability to perform activities of daily living with greater ease and confidence and to reduce your overall risk for falls. You must register and be evaluated before attending class. Instructor: Becky Rigali.

DAY	TIME	ROOM	COST
TBA	TBA	TBA	TBA

FUNCTIONAL SENIOR FITNESS

Designed to maintain the ability to successfully perform activities of daily living and to improve or enhance functional capacity in terms of strength, flexibility, and posture. Instructor: Becky Rigali.

DAY	TIME	ROOM	COST
Wed.	1:00-2:00 PM	MP	FREE!

TAI CHI CHUAN (10 WEEK COURSE)

This class has step-by-step instructions for Tai Chi Qigong 18 movements and Yang-style Tai Chi Chuan level I, ten movements, emphasizing the importance of the regulation of breathing technique, body posture, and mind. The artistic movement to peaceful music will bring the mind and body to a state of harmony and tranquility. Beginners are welcome. Please wear comfortable clothing and low flat-soled shoes. (NO denim and NO flip flops allowed.) Instructor: Diana Wong.

DAY	TIME	ROOM	COST
Wed.	9:30-10:30 AM	MP	\$39

TAI CHI FAN (10 WEEK COURSE)

This class is a combination of Tai Chi Chuan movements and special fan techniques. Learn graceful Tai Chi fan forms to improve joint flexibility, strength, balance and health. Tai chi yin-yang principle and applications of movements will be explored. Students with some Tai Chi background are preferred but not required. Please wear comfortable clothing and low flat-soled shoes. (NO denim and NO flip flops allowed.) Instructor: Diana Wong.

JAZZERCISE

The world's largest dance fitness program. You'll DANCE with music. And while you're enjoying yourself, your body will be getting into the best shape it's ever been! **For information call Dawna Banse at (949) 642-8408.**

DAY	TIME	ROOM
Mon./Wed./Thurs.	6:00-7:00 PM	MP
Tues.	5:45-6:30 PM	MP
Sat.	9:00-10:15 AM	MP

CHAIR EXERCISE

This class is designed to bring more movement to the individual with arthritis, but it is also beneficial for anyone interested in relief from stiffness while improving mobility. The class will focus on restoring or maintaining joint range of motion and muscle strength in addition to improving posture and endurance. Instructor: Minh Dai.

DAY	TIME	ROOM	COST
Wed.	10:30-11:30 AM	M	FREE!

PILATES

(6 WEEK COURSE)

Based on exercises and concepts developed by Joseph Pilates. The course will utilize mat work and will focus on exercises for improving body alignment, strength, coordination and breathing. Instructor: Keith Glassman.

DAY	TIME	ROOM	COST
Mon.	5:30-6:30 PM	B	\$50

LOW IMPACT AEROBICS

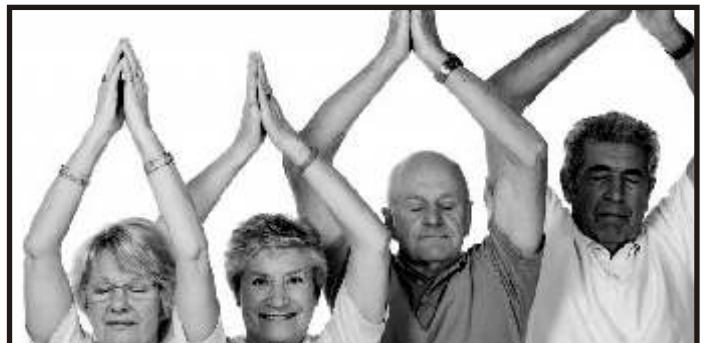
Designed to fit the personal health and fitness needs of older adults, but at a slower pace. Instructor: Becky Rigali.

DAY	TIME	ROOM	COST
Mon.	1:00-2:00 PM	MP	FREE!
Fri.	1:00-2:00 PM	MP	FREE!

YOGA CLASS

Professional instructor Elizabeth Markley teaches Hatha Yoga. This is a friendly and warm group. Wear comfortable clothing and bring two blankets and join in being healthy and happy.

DAY	TIME	ROOM	COST
Tues./Thurs.	10:45 AM-12 PM	B	\$10/Day



Center Classes & Activities

PERSONAL ENRICHMENT

PLAY READING

Sit around a table and play read with us. Shaw to Simon, "The Country Wife" to "Cat on a Hot Tin Roof." Everyone gets a part and a chance to participate, or if you want to sit in and listen. When we complete the reading, we analyze the quality, depth, and humor of the play while sharing a pleasant social experience.

DAY	TIME	ROOM	COST
FRI.	10:30 AM-12 NOON	AC	\$50

POKER BASICS

An introduction to poker for new players and players who want to brush up on their strategy. Learn the basics of Texas Hold'em, 7 card stud, and 7 card Hi-Lo split. Instructor: Esther Weborg.

DAY	TIME	ROOM	COST
2nd & 4th FRI.	1:00-3:00 PM	C2	\$1/Day

Orange Coast College Community Education is committed to providing outstanding Community Education programs for all ages and interests. Whether you're looking to boost your career skills, nurture your creative passions, or improve your health and fitness, we'll help you get there.

So explore your creative side. Polish your professional side. Find your healthier, happier side – for life. When you discover Community Education, you'll discover yourself.

FAST, FUN FRENCH

Katherine Watson

Fun, fast-paced introduction and practice in pronunciation, phrasing and thinking in French for travelers and Francophiles.

DAY	TIME	LOCATION	COST
THURS.	7:00 - 9:00 PM	CMSC	\$59

FRENCH CONVERSATION – INTER/ADV

Katherine Watson

Expand and broaden your knowledge of French language and culture by using intermediate to advanced level vocabulary and grammar to discuss and share ideas..

DAY	TIME	LOCATION	COST
WED.	9:30 AM - 12:00 PM	CMSC	\$65

Remembering When - Dorothy Goeman

'Remembering When' is a series of member interviews by Bill Ruggles



What a treat to interview Dorothy who has been an active member of the Costa Mesa Senior Center since 1975 and who will turn 100 this month. She attributes her long life to eating 3 good meals each day. She takes no vitamins and sleeps an average of 8 hours each night. As you can see from looking at the picture on the right she certainly looks much younger

Born in San Bernardino, Dorothy came from a distinguished family. Her mother and grandmother were born and raised in Lytle Creek (a quaint village in the mountains above San Bernardino) a town named after her grandfather. Her great grandfather led a wagon train from Salt Lake City to San Bernardino.

Dorothy and her family moved to Los Angeles when she was 12. Her family was not impacted when the Great Depression hit because her father had a job with the Southern Pacific Railroad and her mother worked for the May Company in downtown Los Angeles. Her family moved to Huntington Beach in 1975. During WWII, her family created a victory garden providing fresh fruits and vegetables and helped them survive rationing. Dorothy enjoyed a cabin during the war, built near the shore of Lake Arrowhead, just off Highway 18.

Dorothy and Monte, her husband of 41 years raised 2 daughters. Monte worked as a typesetter for a private company. Dorothy served as president of her local PTA for 8 years and was an active leader in the Girl Scouts. Dorothy is blessed with 5 children and 8 great grandchildren. Her life's purpose is to stay healthy, be active and enjoy time with her family.

Dorothy currently lives at Casa Neuporte and has enjoyed many adventuresome travels, including Alaska*, Australia*, New Zealand, Fiji, Tahiti, 3 trips to the Mississippi River*, Hawaii, the Pacific Northwest, the Panama Canal*, Maine for the changing of the fall colors*, the British Isles*, a cruise to Scandinavia Mexico* and Europe. Congratulations, Dorothy, for reaching this century mark!

*These trips were arranged by our travel desk.

Computer Classes

COMPUTER LECTURES

ORANGE COAST IBM PC USER GROUP (OCIPUG)

The Orange Coast IBM PC User Group is a nonprofit organization of individuals who use personal computers based on the Windows operating system. The members have an interest in extending knowledge of computers and in providing computer-related community services.

OCIPUG holds its general meeting in Classroom #2 (C2) from 7:00 to 9:00 pm (or later) on the third Tuesday of each month unless the center is closed. The public is welcome to attend any of the general meetings at no charge.

OCIPUG publishes a monthly newsletter for members and has an Internet Web Site (www.ocipug.org) with a members section where an OCIPUG club member may pose questions and/or share information with other members. As part of OCIPUG community service program, members serve as instructors in the computer courses that are currently underway at the Costa Mesa Senior Center under the auspices of SeniorNet.

OCIPUG also conducts moderated Special Interest Groups (SIGs) at the Costa Mesa Senior Center in Classroom #2 (C2) Unless otherwise noted, the SIG meetings start at 7:00pm on each of the first *four* Tuesdays of each month when the center is open. These meetings last two to three hours and generally have a question and answer portion.

DAY	SIG
1st Tues.	The Internet & Networking
2nd Tues.	Windows Operating System
3rd Tues.	Hardware (Items in the computer) Note that this SIG starts at 6:00 pm
4th Tues.	Digital Content (Cameras, Scanning & Printing)

The public is welcome to attend any of the meetings at no charge.

COMPUTER CLASSES

COMPUTING MADE EASY (4 WEEK COURSE)

January 2012

Very basic introduction to the computer. Find out what computing is all about. Learn to control your mouse. Instructor: Esther Gordon.

DAY	TIME	FEE
Fri.	1:00-3:00 PM	\$30 - ALL PARTICIPANTS

INTRODUCTION TO COMPUTERS (8 WEEK COURSE)

January 2012

Learn about Windows XP procedures and useful hints. Create Word Processing, Database & Spreadsheet documents. Explore the World Wide Web and E-mail. Instructor: Leonard Robertson.

DAY	TIME	FEE
Fri.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*EXPLORING WINDOWS 7 (8 WEEK COURSE)

January 2012

Modify your desktop to make it reflect your personality. Learn basic Windows procedures. Prepare your START menus and task bar for the way you want to work. Instructor: Ron Perkins.

DAY	TIME	FEE
Wed.	1:00-3:00 PM	\$50/60 - NON-MEMBERS

*E-MAIL/INTERNET (8 WEEK COURSE)

January 2012

Sending and receiving E-Mail with and without attachments. Formatting your messages using basic word processing techniques. Setting up and using your Address Book. Organizing your mail box and filtering incoming mail, including junk mail (SPAM). Instructor: Frank Mastroly.

DAY	TIME	FEE
Tues.	1:00-3:00 PM	\$50/60 NON-MEMBERS

*MICROSOFT WORD 2007 (8 WEEK COURSE)

January 2012

Tips and techniques to using Word, editing, character formatting & paragraph layout. Learning tabs and tables, headers and footers and spell-checking. Using the Task Wizard to create multiple personalized letters. Instructor: Ron Perkins.

DAY	TIME	FEE
Thurs.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*PRINTSHOP (8 WEEK COURSE)

January 2012

Learn to create impressive print projects. Greeting cards, custom calendars, fliers, postcards, etc. Scan your own pictures into projects. Instructor: Bob Walker.

DAY	TIME	FEE
Tues.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*DIGITAL PHOTO EDITING (8 WEEK COURSE)

January 2012

Make your photos really stand out. Cropping and editing photos. Stitch photos together to create panoramas. Special effects and colorizing photos. Instructor: Bob Walker

DAY	TIME	FEE
Thurs.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*DIGITAL PHOTO EDITING - INTERMEDIATE

January 2012

Learn to convert photos into color sketches and bring out the details in a dark portion of the photo. Colorize photos, restore damaged pictures, and replace selected parts of a photo. Instructor: Bob Walker

DAY	TIME	FEE
Mon.	9:30-11:30 AM	\$50/60 NON-MEMBERS

**Must have completed an introduction class.*

INTEREST GROUPS

SUPPORT GROUPS *Everyone Welcome*

**Costa Mesa Senior Center
Social Services Department
(949) 645-2356**

AA Men's Support Group

DAY	TIME	ROOM
Tuesdays	8:00-9:30 PM	M

Caregiver Support Group

The Caregivers Support Group offers a comfortable and supportive atmosphere where caregivers can discuss issues and concerns and find ways to deal with day to day challenges of caregiving. This support group will help individuals with issues around: Balancing your life, how to manage stress, feelings of hopelessness and helplessness or depression. Become aware of caregiving/respite care resources and importance of self-care. Communicating with those who have similar issues and concerns.

DAY	TIME	ROOM
1st & 3rd Wed.	10:00-11:30 AM	C2

Diabetes Discussion Group

The Diabetes Discussion Group, facilitated by **Cheryl Lowes, R.N., P.H.N.**, provides support for diabetics and their caregivers. It focuses on topics such as dietary concerns, the complications of diabetes such as neuropathy, diabetic eye problems and the emotional barriers involved with having diabetes. Preventive techniques to avoid such complications are discussed.

DAY	TIME	ROOM
2nd Friday/Month	10:00 AM	AC

Take Control Group

Chronic illnesses have no cure and frequently force people to live with lifestyle limitations. Examples are emphysema, lung disease, diabetes, heart conditions, arthritis and stroke. ***This support group is developed only for those persons who have completed the 7 week Chronic Disease Management course.***

DAY	TIME	ROOM
4th Friday/Month	10:00-11:30 AM	AC

Transitions Support Group

Are you going through life's many changes? Grieving over a loved one? Loneliness? Relationship problems? Medical issues and health problems? There is a support group for those who need to vent. You will learn healthy ways of coping with issues that come up in your daily life. A variety of encouraging and enjoyable approaches are used to express ourselves. Please call Charu Mody, LCSW at (949) 645-2356, extension 24, to pre-register or register at the front desk in Social Services appointment book. (Same day appointments accepted.)

DAY	TIME	ROOM
2nd and 4th Tuesday	1:00-3:00 PM	AC

Senior Support Group

We don't grieve, we achieve! We have many activities such as potlucks, boat trips, etc. Come join in the fun. Let us help you become yourself again.

DAY	TIME	ROOM
Wednesday	1:00-3:00 PM	AC

SENIOR SERVICES DIRECTORY

- AARP Member Choice(800) 439-4457
- ADA Helpline(800) 564-4232
- Angus Golf Group.....(949) 631-0734
- California Advocates for Nursing
Home Reform.....(800) 474-1116
- City Hall(714) 754-5223
- Contractors State License Board(800) 321-5223
- Department of Consumer Affairs(800) 952-5210
- Department of Insurance.....(800) 927-4357
- Elder Abuse Hotline877-4-R-SENIOR
.....877-477-3646
- Home Delivered Meals(714) 226-0550
- HICAP (Health Insurance Counseling
and Advocacy Program for Medicare
recipients)(800) 824-0780
- HUD Housing(714) 480-2800
- Legal Aid Society Hotline(800) 834-5001
- Medi-Cal(714) 575-2400
- Medicare.....(800) 633-4227
- MSI (Medical Service for the Indigent)(714) 575-5858
- National Auto Safety Hotline(800) 424-9393
- National Fraud Information Center(800) 876-7060
- OC Social Service Agency
(Cash Aid)(714) 435-5800
- OC Social Service Agency
(Medi-Cal and Food Stamps).....(714) 435-5900
- OCTA- Access, Transportation(714) 636-7433**
- Office on Aging**
(Information/Assistance).....**(714) 567-7500**
- Ombudsman(714) 479-0107
- Pharmaceutical Manufacturers Assoc.(800) 762-4636
- Police Dept. Non-Emergency(714) 754-5280
- RSVP.....(714) 953-5757
- Senior Legal Advocacy Program.....(714) 571-5245
- Social Security(800) 772-1213**
- SOS Share Our Selves.....(949) 642-3451
- State Department of Managed
Health Care and Complaint Hotline(800) 400-0815
- TDD Line.....(949) 645-8406
- Utility Reform Network(800) 355-8876
- Yellow Cab.....(800) 200-0000

CENTER SERVICES

Center Transportation

Medical Van
(949) 645-2356
ext. 19

Service Van
(949) 645-2356
ext. 23

Informacion en Espanol es Posible.

- No Fee.
- Door-to-Door Service.
- Available to Costa Mesa Residents.
- Minimum 50 years of age.
- Wheelchair accessible.
- May be accompanied by an assistant.
- Packages not to exceed limit of what can be carried on and off the Van by passenger in one boarding.
- Priority service for people with limitations.
- Availability basis only, to be determined by the van driver the day of service.

The Senior Center offers two Transportation Services

Made possible through the generosity of Hoag Memorial Hospital Presbyterian and the City of Costa Mesa.

MEDICAL-RELATED APPOINTMENTS

Debbie - Van Driver

Hours of available service:

9:00-11:30 a.m. & 12:30-3:00 p.m.
(949) 645-2356 ext. 19.

ADVANCE RESERVATIONS REQUIRED

1. Call the Center one week or up to two weeks in advance between 8:00 a.m. and 5:00 p.m.
2. Leave a message with your name, phone number and transportation needs.
3. Your call will be returned and your medical related transportation reservation confirmed.
4. Must have a current CMSC membership.

SERVICE AREAS INCLUDE MEDICAL OFFICES IN SURROUNDING AREAS OF:

- Fountain Valley Medical Center
- Hoag Health Center (Beach & Adams)
- Hoag Memorial Hospital
- Kaiser Permanente (Beach & Talbert)
- Newport Medical Center (Fashion Island)
- Talbert Medical Center

ALL OTHER TRANSPORTATION NEEDS

Hours of available service: 7:45 a.m. - 3:45 p.m.
(949) 645-2356 ext. 23

NO ADVANCE RESERVATIONS REQUIRED

Call the same day you need service between 7:30 - 8:15 a.m. and make your 'same day' reservation. Our wheelchair accessible van service will provide transportation to the Senior Center for lunch, classes and senior activities. If time permits, the van service will provide transportation for grocery shopping, banking, hairdresser and other necessary trips.



Nutrition Site Manager
(949) 631-8171

Center Lunch Meals

Monday - Friday, 11:30 a.m.-12:30 p.m.

Please join us for a hot, nutritionally balanced meal with friends. We offer a variety of meals for a suggested donation of \$2.50 to those 60 years and over. Guests under 60 may enjoy a meal for \$3.50. *The Volunteer lunch receptionist can take your reservation daily between 10:00-11:30 a.m. in the Sunroom.*

Home Delivered Meals

Monday - Friday

We provide 3 nutritionally balanced meals daily to seniors who are homebound and have difficulty preparing nutritious meals. Meals are delivered by caring volunteers from the community. For more information, please call (714) 226-0550.

Volunteers

To help sustain and expand these two meal programs we are constantly looking for new volunteers who are willing and able to help serve and/or deliver meals to seniors. If you are interested in volunteering for either of these programs, please contact the Costa Mesa Nutrition Site Manager at (949) 631-8171.

Senior Community Services

Assistance for Seniors

The Orange County Social Services Agency manages two programs which aim to help senior citizens with fixed incomes remain at home.

Multipurpose Senior Services Program (MSSP)

This program provides a higher level of services to seniors who receive Medi-Cal and suffer from disabilities or health problems that make them eligible for placement in a nursing facility. The need may be chronic or short-term. Clients receive an assessment of their social and health needs, help planning for and arranging care, and regular visits from social workers and nurses. MSSP clients are usually eligible for IHSS.

For information on IHSS or MSSP, call **(714) 825-3000**.

Case Management

Professional personnel will assess the needs of frail and homebound seniors determining areas in which they need assistance in order to maintain independence. Seniors are then linked to community resources.

HUMAN SERVICE PROGRAMS

Health Screenings

Blood Pressure Clinic - *No appointment necessary*
Nurses are available to take your blood pressure reading.

<u>DAY</u>	<u>TIME</u>	<u>ROOM</u>
Tuesday	9:00-11:00 a.m.	AC

Preventive Health Care For the Aging

Cheryl Lowes, R.N., P.H.N.
(949) 645-2356 ext. 18



Health Screening

The preventive Health Care for the Aging Program offers basic health screenings for those over the age of 60 including: health history, blood pressure, height/weight, vision screening, urine screening, colo-rectal screening, hemoglobin and blood sugar testing, hearing testing, nutritional counseling, medication counseling and breast self-examination.

<u>DAY</u>	<u>TIME</u>	<u>ROOM</u>
Wednesday	9 a.m. - 2 p.m.	Health Clinic Upstairs
Every other Tuesday	9 a.m. - 2 p.m.	Health Clinic Upstairs
2nd & 4th Friday	9 a.m. - 5 p.m.	Health Clinic Upstairs

Information & Assistance

Costa Mesa Social Services Department

Charu Mody, Licensed Clinical Social Worker
(949) 645-2356, ext. 24. *Appointments and walk-ins welcome.*

Case Management

The Social Service Department will make necessary referrals for frail and homebound seniors to maintain independence. Referrals include: reassurance calls, friendly visits, home delivered meals and home care assistance.

Counseling

Social worker available to provide supportive counseling and therapy to seniors in the process of adjusting to losses related to various issues of housing, employment, finances and relationships. Home visits are also scheduled to evaluate needs of homebound seniors.

Financial Counseling

First Wednesday of each month at 9:00 am - 12 noon. Call the front desk for an appointment.

Health Insurance Counseling Advocacy Program

(HICAP) Need help making sense of Medicare, HMOs, health insurance, long term care, or billings? Counselors are available to help you make sense of it all. Call for an appointment.

<u>DATE</u>	<u>TIME</u>	<u>ROOM</u>
1st Thursday	9:30 a.m.-12:30 p.m.	AC
3rd Thursday	9:30 a.m.-12:30 p.m.	AC



Legal Counseling with an Attorney

- *Call for an appointment.*

An attorney will counsel and advise clients on legal matters.

<u>DAY</u>	<u>TIME</u>
2nd & 4th Thurs./month	5:00-7:00 pm

Medical Equipment Loan Program

This short-term loan program provides equipment which includes: canes, crutches, walkers and wheelchairs.

Community Friendship

A loving word, a kindly deed,
A helping hand in time of need,
A bit of praise, a bit of cheer.
We at the Center, have missed
you here.

Our thoughts and get well wishes
go out to those we've missed.

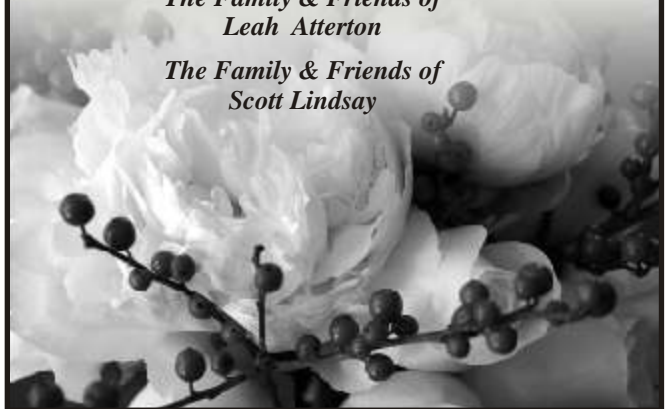
The celebration of life continues in
the memories of those we have loved.
We send our sincerest sympathy to
those who have experienced a loss:

*The Family & Friends of
Edwin Yagerlever*

*The Family & Friends of
Eleanor Linder*

*The Family & Friends of
Leah Atterton*

*The Family & Friends of
Scott Lindsay*





HEALTH TIPS

Helpful Cold Remedies

Being sick with a cold virus for a week or two doesn't mean you have to be miserable. These remedies may help:

Fluids – Drink plenty of liquids. Water, juice, clear broth, or warm water with lemon juice and honey can help loosen congestion.

Saltwater gargle – To relieve a sore or scratchy throat, gargle with $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt dissolved in an 8-ounce glass of warm water.

Saline nasal drops and sprays – These nonprescription products combat stuffiness and congestion. Unlike nasal decongestants, saline drops and sprays used over the long term don't cause symptoms to get worse once use is discontinued (rebound effect).

Nasal decongestants – Limiting use of nasal decongestant products such as Afrin and 4-Way to no more than three consecutive days generally provides symptom relief without the rebound effect.

Chicken soup – The soothing qualities of a steaming bowl of soup may be due to its possible mucus-thinning and anti-inflammatory effects.

What doesn't work? Worth noting are antibiotics, which destroy bacteria, but are no help against cold viruses. As for zinc, a recent analysis had mixed results and stopped short of recommending it until more research is done. Zinc-containing nasal gels or sprays have been associated with permanent loss of smell.

Healthy Skin

A few simple steps can help prevent, and sometimes even reverse, the damage that adds years to your face. For a healthy, vibrant, youthful complexion, here's what doctors recommend:

Shun The Sun

Most problems that plague older skin – roughness, dryness, wrinkling and sagging – are due to sun exposure. Both UVB (burning) and UVA (aging) radiation are primary causes of damage to the DNA in cells. This leads to the destruction of collagen and elastin – proteins that keep skin firm and supple. UV radiation is also considered the leading cause of skin cancers, including melanoma, the most serious form of the disease. Your best defense is an SPF 30 or higher sunscreen that blocks both UVB and UVA rays. Apply liberally to exposed areas, every day, year-round. For complete protection, add dark glasses, long sleeves and a broad-brimmed hat.

Don't Smoke

Smoking can age skin as much as 10 years or more; and the damage increases the longer you smoke. Tobacco's toxic mix of nicotine and 4,000 other chemicals interferes with blood flow, depriving the skin of oxygen and vital nutrients. Smoking also destroys collagen and elastin, leading to wrinkles and sagging.

Choose The Right Products

In the last decade, skin care products have become much more sophisticated and effective. Look for ingredients such as peptides, niacinamide, green tea, alpha- and beta-hydroxy acids, hyaluronic acid and vitamin C. Other proven treatments include the prescription drug retinoic acid and its less potent counterpart, retinol, which is available in many over-the-counter creams. Both help reverse sun damage and boost collagen production by remodeling skin on the cellular level.

Eat The Right Foods

Some of the best foods for overall health are also potent anti-agers that protect and rejuvenate skin. The essential fatty acids in salmon, walnuts and flax seeds, for instance, infuse skin with moisture and stop inflammation. Extra virgin olive oil, rich in healthy monounsaturated fats, strengthens cell membranes and helps skin look radiant. Green tea and berries of all types contain powerful antioxidants that protect cellular DNA.

Also, foods high in selenium, such as whole wheat, turkey and Brazil nuts, may help reduce sun damage and the risk of skin cancer. Avoiding certain foods can help, too. Studies suggest that limiting sugar and refined carbohydrates may slow skin aging.

Manage Stress

Scientists think that stress may rank second only to UV light as a cause of premature skin aging. Stress triggers a cascade of chemical reactions in the body that affect collagen and elastin as well as the DNA inside individual cells, speeding the aging process by as much as six years. Uncontrolled stress also makes skin more sensitive and reactive.

This can worsen existing problems such as eczema and trigger outbreaks of hives, rashes and acne. To manage stress, set reasonable limits and don't feel guilty about saying "no." And take some time each day for yourself to take a walk, read or meditate. If life still seems overwhelming, seek support from friends, family or a professional therapist.

Get Your Beauty Sleep

When you don't get enough sleep, your skin can become dull and lifeless. Doctors recommend getting at least seven hours of sleep every night. If this isn't possible, try to take a 15- to 30-minute nap in the afternoon to help make up for your sleep deficit. Make an appointment for A SKIN CANCER SCREENING.

Source: Mayo Clinic Health Letter, Nov. 2011

TRAVEL AT A GLANCE

Travel Information - (949) 645-1032

Phyllis Daugherty
TRAVEL CHAIRMAN

Travel Desk Hours

Mondays through Thursdays
9:00 a.m. until 3:00 p.m.
Fridays - 9:00 a.m. until noon

GAMBLING TRIPS

Beryl Daniels

February 21-23, 2012 - Tuesday - Thursday **UNION PLAZA**

Downtown Las Vegas, completely remodeled, new rooms, new restaurants, new everything!

Members: \$115 dbl., \$154 snl., Non-members: \$120 dbl., \$159 snl. **SPACE AVAILABLE**



March 15, 2012 - Thursday

BARONA CASINO

Voted Best Casino, Best Loosest Slots, Best Service, Best Everything, and Best Buffett!

Members: \$15, Non-members: \$20. SPACE AVAILABLE

April 10, 2012 - Tuesday

SAN MANUEL CASINO

2000 state-of-the-art slot machines. 99 poker and blackjack tables. \$10 back in slot play or food.

Members: \$20, Non-members: \$25.

May 3, 2012 - Thursday

VIEJAS INDIAN CASINO

Enjoy a fun-filled day with shopping. Half off for lunch.

Members: \$20, Non-members: \$25.

DAY TRIPS

Evie Tuell

January 24, 2012, Wednesday

TERRA COTTA WARRIORS

Exhibit at the Bowers Museum with only one stop on the west coast and some newly excavated discoveries.

Members: \$54, Non-members: \$59. SPACE AVAILABLE

March 23, 2012, Friday

KNOTTS BERRY FARM

Always A TOURIST FAVORITE! Enjoy Mrs. Knott's famous fried chicken lunch. Time for shopping.

Members: \$49, Non-members: \$54.

LONG TRIPS

Phyllis Daugherty

March 13 - 20, 2012, 8 Days

BARCELONA & PARIS

Spend 4 days in Barcelona, 2 days in Aries, France, and 2 days in Paris. \$3099 double, \$3699 single.

May 15 - 23, 2012, 9 Days

DISCOVER CUBA

Fly round trip from Los Angeles to Havana. 3 days in Havana then 3 days in Trinidad and back to Havana for more sightseeing. \$3799 double, \$4399 single.

June 13 - 20, 2012, 8 Days

GREAT CANADIAN CITIES

Featuring Montreal, Quebec City, Ottawa, Toronto and Niagara Falls. \$2629 double, \$3379 single.



MEMBER SERVICES



January and February Membership Birthdays

Pauline Abbott
 Apolo Anso
 Dolores Aparicio
 Leah Atherton
 Sondra Baker
 Marjorie Ball
 Maria Baltatu
 Joseph Bass
 Roger Bennett
 Miron Bonca
 Yvonne Brockway
 Robert Brown
 David Bunch
 Tereza Burica
 Francis Callahan
 Joan Camm
 Sandra Caston
 Bill Chaffee
 Mandy Chen
 Wai Sin Chung
 Lupe Cleavinger
 Irene Collins

Roberta Cowley
 Lilian Crawford
 Marie Crockett
 Cosette Crumpacker
 Nancy Crutcher
 Cecelia Culbertson
 Marian Cunningham
 John DeCroix
 A. Diane Desoto
 Paula Dobbins
 Convault Dorothy
 Georgia Duatin
 Joseph Dzida
 Rosemary Dzida
 Paulette Edmonston
 Antonio Enriquez
 Lenny Espinoza
 Florence Fainbarg
 John Feeney
 June Fox
 Mary Golden
 Richard Gonzales
 Shirley Gray
 Paulo Gripp
 Joan Groff
 Lisa Hall
 Mary Heggen

Louise Hengstler
 Jerald Henry
 Fred Hitchcock
 Lorine Hoskins
 Denise Howard
 Cynthia Humphreys
 Fritzi Jackson
 Owen Jamar
 Christena Jancarik
 Irene Jewell
 Dorothy Johnson
 Victoria Kadische
 Mary Kagey
 Patricia Keesling
 Dorothy Keller
 Helena Killian
 Enid Kovac
 Jacqueline Kravitz
 Jo Kubik
 Joseph Kubik
 Stanley Kwiatkowski
 Denise Lackey
 Victor Lee
 Andrew Lepay
 Nancy Lewis
 Judy Lindsay
 Lynda Lobdell

Joyce Loomis
 Lori Martin
 Sofiya Mayzalis
 Elba Mc Masters
 Jean McDougle
 Bob Mijares
 Joann Moore
 Bud Morris
 Thomas Morse
 Miriam Moser
 Ernest Mutter
 Joyce Nichols
 Marge Norek
 Thomas Norton
 Dell Osburn
 Barbara Panian
 Maria Pantaleon
 Kenneth Parker
 Margarita Parra
 Mukta Patel
 Maureen Paul
 Mary Petruzzello
 Gee Raasig
 Carol Ranney
 Rita Reh
 Hank Rice
 Justine Richards

John Rooney
 Yoni Russell
 Martha Saldivar
 Alvera Schmidt
 Emiko Schowengerdt
 Jan Schutz
 Helen Shaw
 Terry Shaw
 Barbara Ann Shumake
 Anneliese Steuer
 Barbara Stewart
 William Susman
 Katherine Tamburro
 John Toscano
 Eduardo Urbina
 Albertine Van Schaik
 Marjorie Voboril
 Nancy Waddell
 C. D. Waters
 Waltraud Weaver
 Shirley Werner
 Helen Wilk
 Steve Williams
 Rose Woo
 Tamiko Yamaga
 Lai Hing Yuen
 Rose Zalaskus

We have many seniors who attend the Center regularly, playing bingo or bridge, and some who attend art and aerobics classes, and others who just come and have a cup of coffee, grab a loaf of bread, but never become actual members.

These people do not enjoy the benefits of membership they could have for a yearly fee of \$20 that includes the following:

- ▶ Bi-monthly issues of "The Chronicle" mailed ONLY to members.
- ▶ Discounts on activities and events, such as the Luau and holiday parties.
- ▶ Discounts on computer classes.
- ▶ Discounts on travel trips.
- ▶ Membership card with emergency information for your protection.

Make your visits to the Costa Mesa Senior Center more meaningful by becoming a member and actually getting involved in all of the exciting activities currently underway. Fill out the form below or request a form at the Front Desk.

YES! I want to join the Costa Mesa Senior Center!

New Member Renewal Updated Information

ANNUAL MEMBERSHIP: JULY 1, 2011 - JUNE 30, 2012

\$20 Single \$35 Household
 \$35 Single - 2 years \$55 Household - 2 years

LIFETIME MEMBERSHIP: \$200 Single \$350 Household

Remit Completed Form To:

Costa Mesa Senior Center
 695 W. 19th Street
 Costa Mesa, CA 92627

Member Name: _____ Birth Date: _____

Member Name: _____ Birth Date: _____

Street Address: _____ City: _____ State/Zip: _____

Home Phone: () _____ Emergency Contact: _____ Phone: () _____



Genevieve I. Saetermoe
Notary Public

762 Wesleyan Bay
Costa Mesa, CA 92626
1-714-557-6817

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~Author Unknown

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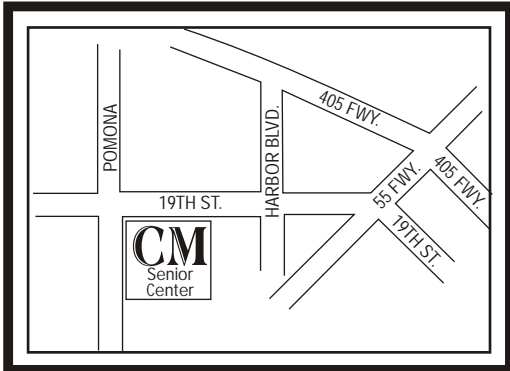
**Clear Choice
Hearing Aid Center
(949) 650-5990**

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Costa Mesa, CA 92627

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Costa Mesa, CA 92627
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Please Deliver by
JANUARY 14, 2012*



The Costa Mesa Senior Center is conveniently accessible from the San Diego (I-405) freeway, the Costa Mesa (I-55) freeway, and Pacific Coast Highway (Rt.1). It is also minutes away from the Orange County John Wayne Airport.

Available on the City and Senior Center websites:
www.ci.costa-mesa.ca.us
www.costamesaseniorcenter.org

Printed through the courtesy of the City of Costa Mesa

Center Telephone Numbers

Costa Mesa Senior Center

695 W. 19th St., Costa Mesa, CA 92627
(949) 645-2356 Fax (949) 645-4804

Monday - Friday, 9:00 a.m. - 5:00 p.m.

Center Transportation

(949) 645-2356 ext. 23 - General Services
(949) 645-2356 ext. 19 - Medical Related

Gift Shop Hours

Monday - Friday, 9:00 a.m. - 3:00 p.m.

Travel

(949) 645-1032

Community Senior Serv

(949) 631-8171

The Center, a unique location for your special event.

Benefits

- ◆ A variety of rental options available
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- ◆ Select the caterer of your choice

Features

- ◆ 5,900 square foot multipurpose room including stage
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Appointments: Please call (949) 645-2356