

THE CHRONICLE

JUNE 2011 ♦ A Monthly Publication of The Costa Mesa Senior Center ♦ VOLUME XVIII NO. XII
A Non-Profit Corporation

Independence Day Celebration



In-N-Out Burgers

Live Music



July 1, 2011

11:30 am - 1:30 pm

*We Create Community. . .
Through Our People, Programs and Partnerships!*

June

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for Summer?
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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@costamesaseniorecenter.org
 Website: costamesaseniorecenter.org

Executive Committee of Board

Mike Scheafer, President
 Ronald Frankiewicz, Treasurer
 Patricia Linsky, Secretary
 Arlene Flanagan, Immediate Past President

Board Members

Judith Berry, Phyllis Daugherty, Agnes Dubberly,
 Kathleen Eric, Paul Flanagan M.D., Judy Lindsay,
 Hank Panian, David Stiller, Joan Weeks

City Representatives

Donna Theriault

Next Board Meeting

Tuesday, June 21, 2011 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.
 See page 10 for more information

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

JUNE

7	Tuesday	Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
15	Wednesday	Fire Drill 1:15 pm
17	Friday	Over 80 Party 11:30 - 1:30 pm
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

JULY

1	Friday	Independence Day Celebration 11:30 am - 1:30 pm. In N' Out Hamburgers, live music by "The Raggtimers". Fee: \$10 Members/\$15 Non-Members.
4	Monday	Independence Day Observed - Center Closed

Executive Director's Message

SALUTE TO
Seniors

Who is a Senior citizen? What is one? A senior citizen is one who was here before the Pill and the population explosion. We were here before TB, penicillin, polio shots, open-heart surgery and hair transplants. Before frozen food, nylon, Dacron, Xerox, radar, fluorescent lights, credit cards, ballpoint pens and Frisbees.

For us, time-sharing meant togetherness, not computers or condos. Co-eds never wore slacks. We were before panty hose and drip dry clothes, before ice makers and dishwashers, clothes dryers, freezers and electric blankets. Before Hawaii and Alaska became states.

We were before Leonard Bernstein and Ann Landers, plastic, the 40-hour week and minimum wages. We got married first and then lived together. How quaint! Closets were for clothes, not for coming out of. Girls wore Peter Pan collars and thought cleavage was what butchers did.

We were before vitamins, disposable diapers, Jeeps, pizza, facelifts, Cheerios, instant coffee, decaffeinated anything and McDonald's. We thought fast food was what you ate during Lent. We were before Boy George and Chiquita Banana. Before FM radios, tape recorders, computers, electronic music and disco dancing.

In our day, cigarette smoking was fashionable; grass was for mowing. Coke was a refreshing drink, and pot was something you cooked in. If we had been asked to explain CIA, NATO, UFO, VCR, MBA, BMW, HMO, NFL, JFK and MS; we'd have said alphabet soup.

We are today's senior citizens, a hardy bunch when you think of how our world has changed the adjustments we have had to make and are still making. I'm pretty proud of us.

Enjoy your summer!

Aviva

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 AM-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 - NEW

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	\$.50/Day

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
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, DUPLICATE

Volunteer will host Bridge on Monday and Thursday. This activity requires a partner.

DAY	TIME	ROOM	COST
Mon.	10:30 AM - 2:30 PM	B	\$.50/Day
Thurs.	10:30 AM - 2:30 PM	M	\$.50/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

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.

DAY	TIME	ROOM	COST
Wed.	10:30am-12:00 PM	M	\$59

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

“Middle age is when your age starts to show around your middle.”

~Bob Hope

Center Classes & Activities

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.

Fun With Frosting – Beginning Cake Decorating *Tish Werner*

Even the Boss and Ace of Cakes had to start somewhere! Whether you're interested in making cakes for the family or making them as a career, this class will guide you through the initial basics of decorating like a pro. From setting up and icing, writing inscriptions, piping flowers, borders and animals, to making a 3D shaped cake, by the end of the session, you'll find that frosting can be creative, delicious fun!

Fee: \$150 + \$40 CASH materials fee to instructor in class

Session I: June 15 - July 13
Time: Wed., 6:30 pm - 8:30 pm
Location: Costa Mesa Senior Center

Session II: July 27 - August 24
Time: Wed., 6:30 pm - 8:30 pm
Location: Costa Mesa Senior Center

Fast, Fun French *Katherine Watson*

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

Fee: \$59

Session I: June 9 - June 30
Time: Thu., 7:00 pm - 9:00 pm
Location: Costa Mesa Senior Center

Session II: August 4 - August 25
Time: Thu., 7:00 pm - 9:00 pm
Location: Costa Mesa Senior Center

French Conversation – Intermediate/Advanced *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.

Fee: \$65

Date: July 6 - August 31
Time: Wed., 9:30 am - 12:00 pm
Location: Costa Mesa Senior Center

PERSONAL ENRICHMENT



AARP MATURE DRIVING REVIEW COURSE - 55 ALIVE

Class Schedule: T.B.D.

This class is designed to help senior drivers recognize their physical limitations and learn how to compensate, thus reducing accidents and retaining driving privileges. Class size is limited to 30 people. Sign-up begins the first week of the month until class is full. Proof of previous enrollment in past 4 years required.

DAY	TIME	ROOM	COST
Mon.	9:00 AM-1:30 PM	AC	AARP Members \$12 Non-Members \$14

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

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)

June, 2011

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)

June, 2011

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)

June, 2011

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)

June, 2011

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)

June, 2011

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)

June, 2011

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)

June, 2011

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

June, 2011

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

Service Van Driver - Elaine Kirby

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 7:45 - 8:30 a.m. and make your 'same day' reservation. Our van service will provide transportation for grocery shopping, hairdresser, movies, shopping, library, or come to the Center for lunch, classes and socializing.



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.

JUNE CALENDAR 2011

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00-10:30 Aerobics MP 9:30-10:30 Tai Chi MP 10:00-2:00 Contract Bridge* B 10:30-11:30 Chair Exercise M 10:30-12:00 Tai Chi Fan MP 12:30-1:30 Hula MP 1:00-2:00 Functional Fitness MP 1:30-2:30 Island Crafts M 1:00-3:00 Senior Support Group AC 2:30-4:00 Table Tennis* MP	2 9:30-10:15 Simply Lite* M 10:30-2:30 Bingo* MP 10:45-12:00 Yoga* B	3 9:00-10:30 Aerobics MP 9:00-10:30 Beg. Pinochle* M 10:30-12:00 Play Reading* C2 10:30-2:30 Pinochle* M 1:00-2:00 Low Imp. Aerobics MP 2:30-4:30 Ballroom Dance* MP 2:30-5:00 Watercolor M
6 9:00-10:30 Aerobics MP 1:00-2:00 Low Imp. Aerobics MP 1:00-3:00 Social Bridge* C1,2 1:00-3:00 Quilting AC 5:30-6:30 Pilates B	7 9:00-11:00 Blood Pressure AC 9:30-10:15 Simply Lite* MP 10:00-2:00 Contract Bridge* B 10:30-2:30 Pinochle* M 10:30-12:00 Travel Fit MP 10:45-12:00 Yoga* B 1:00-3:00 Knitting Group* C1 2:30-5:00 Watercolor M 7:30-10:30 Ballroom Dancing MP	8 9:00-10:30 Aerobics MP 9:30-10:30 Tai Chi MP 10:00-2:00 Contract Bridge* B 10:30-11:30 Chair Exercise M 10:30-12:00 Tai Chi Fan MP 12:30-1:30 Hula MP 1:00-2:00 Functional Fitness MP 1:30-2:30 Island Crafts M 1:00-3:00 Senior Support Group AC 2:30-4:00 Table Tennis* MP	9 9:30-10:15 Simply Lite* M 10:30-2:30 Bingo* MP 10:45-12:00 Yoga* B	10 9:00-10:30 Aerobics MP 9:00-10:30 Beg. Pinochle* M 10:30-12:00 Play Reading* C2 10:30-2:00 Pinochle* M 1:00-3:00 Poker C2 1:00-2:30 Low Imp. Aerobics MP 2:30-4:30 Ballroom Dance* MP 2:30-5:00 Watercolor M
13 9:00-10:30 Aerobics MP 1:00-2:00 Low Imp. Aerobics MP 1:00-3:00 Social Bridge* C1,2 1:00-3:00 Quilting AC 5:30-6:30 Pilates B	14 9:00-11:00 Blood Pressure AC 9:30-10:15 Simply Lite* MP 10:00-2:00 Contract Bridge* B 10:30-2:30 Pinochle* M 10:30-12:00 Travel Fit MP 10:45-12:00 Yoga* B 1:00-3:00 Knitting Group* C1 2:30-5:00 Watercolor M	15 9:00-10:30 Aerobics MP 9:30-10:30 Tai Chi MP 10:00-2:00 Contract Bridge* B 10:30-11:30 Chair Exercise M 10:30-12:00 Tai Chi Fan MP 12:30-1:30 Hula MP 1:00-2:00 Functional Fitness MP 1:30-2:30 Island Crafts M 1:00-3:00 Senior Support Group AC 2:30-4:00 Table Tennis* MP	16 9:30-10:15 Simply Lite* M 10:30-2:30 Bingo* MP 10:45-12:00 Yoga* B	17 9:00-10:30 Aerobics MP 9:00-10:30 Beg. Pinochle* M 10:30-12:00 Play Reading* C2 10:30-2:00 Pinochle* M 1:00-2:30 Low Imp. Aerobics MP 2:00-3:00 Balance & Mobility MP 2:30-4:30 Ballroom Dance* MP 2:30-5:00 Watercolor M
20 9:00-10:30 Aerobics MP 1:00-2:00 Low Imp. Aerobics MP 1:00-3:00 Social Bridge* C1,2 1:00-3:00 Quilting AC 5:30-6:30 Pilates B	21 9:00-11:00 Blood Pressure AC 9:30-10:15 Simply Lite* MP 10:00-2:00 Contract Bridge* B 10:30-2:30 Pinochle* M 10:30-12:00 Travel Fit MP 10:45-12:00 Yoga* B 1:00-3:00 Knitting Group* C1 2:30-5:00 Watercolor M 7:30-10:30 Ballroom Dancing MP	22 9:00-10:30 Aerobics MP 9:30-10:30 Tai Chi MP 10:00-2:00 Contract Bridge* B 10:30-11:30 Chair Exercise M 10:30-12:00 Tai Chi Fan MP 12:30-1:30 Hula MP 1:00-2:00 Functional Fitness MP 1:30-2:30 Island Crafts M 1:00-3:00 Senior Support Group AC 2:30-4:00 Table Tennis* MP	23 9:30-10:15 Simply Lite* M 10:30-2:30 Bingo* MP 10:45-12:00 Yoga* B	24 9:00-10:30 Aerobics MP 9:00-10:30 Beg. Pinochle* M 10:30-12:00 Play Reading* C2 10:30-2:00 Pinochle* M 1:00-3:00 Poker C2 1:00-2:30 Low Imp. Aerobics MP 2:00-3:00 Balance & Mobility MP 2:30-4:30 Ballroom Dance* MP 2:30-5:00 Watercolor M
27 9:00-10:30 Aerobics MP 1:00-2:00 Low Imp. Aerobics MP 1:00-3:00 Social Bridge* C1,2 1:00-3:00 Quilting AC 5:30-6:30 Pilates B	28 9:00-11:00 Blood Pressure AC 9:30-10:15 Simply Lite* MP 10:00-2:00 Contract Bridge* B 10:30-2:30 Pinochle* M 10:30-12:00 Travel Fit MP 10:45-12:00 Yoga* B 1:00-3:00 Knitting Group* C1 2:30-5:00 Watercolor M	29 9:00-10:30 Aerobics MP 9:30-10:30 Tai Chi MP 10:00-2:00 Contract Bridge* B 10:30-11:30 Chair Exercise M 10:30-12:00 Tai Chi Fan MP 12:30-1:30 Hula MP 1:00-2:00 Functional Fitness MP 1:30-2:30 Island Crafts M 1:00-3:00 Senior Support Group AC 2:30-4:00 Table Tennis* MP	30 9:30-10:15 Simply Lite* M 10:30-2:30 Bingo* MP 10:45-12:00 Yoga* B	Independence Day Celebration Friday, July 1 11:30 am - 1:30 pm Center Closed Monday July 4 



Legend

Fee for Activity	*
Arts and Crafts Room, Upstairs	AC
Classroom/Side 1, Upstairs	C1
Classroom/Side 2, Upstairs	C2
Meeting Room	M
Multipurpose Room	MP
Sunroom	S
Computer Lab	CL
Bridge Room	B

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:*

*Donate to the Center and recognize
special events in the lives of your
family and friends.*



Celebrate Our Stars and Stripes



Flag Day June 14

When I see the American flag waving high above the ground, I am stirred with emotion and pride. I am reminded of the history and the patriotic call-to-duty embodied in the red, white and blue – particularly during a time when American military personnel, many of them Californians, are serving bravely both here and abroad.

On June 14, we celebrate Flag Day, an important time to reflect on Old Glory and its symbolic importance.

Ruth Apperson Rous' poem, "I am the Flag," aptly illustrates the flag's imagery:

"My colors symbolize the patriotic ideals and spiritual qualities of the citizens of country. My red stripes proclaim the fearless courage and integrity of American men and boys and the self-sacrifice and devotion of American mothers and daughters. My white stripes stand for liberty and equality for all.

"My blue is the blue of heaven, loyalty, and faith. I represent these eternal principles:

liberty, justice, and humanity. I embody American freedom: freedom of speech, religion, assembly, the press, and the sanctity of the home."

The U.S. flag has a long and storied history. First known as the Stars and Stripes, it was adopted in 1777 by the Continental Congress. It contained 13 stars, representing the original 13 colonies, but the layout varied.

After Vermont and Kentucky were admitted to the Union in 1791 and 1792, respectively, two more stars and two more stripes were added. This flag was the version that inspired lawyer Francis Scott Key to write the poem, "Star-Spangled Banner," which later became the national anthem.

After five more states achieved admittance, Congress passed legislation in 1818 stating the flag would contain 13 stripes and the number of stars would represent the states.

Flag Day was first unofficially celebrated in 1877. President Woodrow Wilson established the first national observance by proclamation in 1916. In 1949, President Harry Truman signed legislation making Flag Day a day of national observance.

Congress took it a step further in 1966 when it approved a joint resolution stipulating that the president issue an annual proclamation designating the week in which June 14 occurs as "National Flag Week." It also called upon all citizens to display the flag during that week.

Flag Day is an opportunity to give the Stars and Stripes the attention it deserves.

I hope you will join me along with Americans nationwide in our united display of the flag during this important occasion.

Great Days in July

Throughout history, the month of July has been significant as a host to events that changed the future of the United States and the world – and not just the most obvious event, the signing of the Declaration of Independence.

Senators may remember many of the following events that happened in the month of July:

July 15, 1902: The Minnesota Mining and Manufacturing Company is founded in Duluth, Minn. The company later changed its name to 3M.

July 23, 1903: The Ford Motor Co. sells its first automobile in Detroit, promising that all Americans soon would be able to afford one.

July 12, 1909: Congress proposes the 16th Amendment to the Constitution to allow for the withholding of income taxes.

July 3, 1914: The first coast-to-coast telephone link in America is completed.

July 15, 1916: William Edward Boeing establishes the Pacific Aero Products Co. with \$100,000.

July 27, 1921: Insulin is discovered by Canadian biochemists Frederick Banting and Charles Best.

July 15, 1923: President Andrew Harding drives the commemorative "golden spike" that completes the Alaskan interior rail line.

July 1, 1930: Northland Transportation Co. becomes the first bus service to cover the entire continental United States. The same day, the company changes its name to Greyhound.

July 5, 1935: President Franklin Roosevelt signs the National Labor Relations Act, which supports the right of employees to organize labor unions.

July 28, 1945: A B-52 bombers gets lost in heavy fog and crashes into the side of New York's Empire State Building, killing 13 people and originating the use of radar to guide airplanes during bad weather.

July 26, 1948: President Harry Truman orders an end to segregation discrimination in the armed forces.

July 11, 1962: Television signals are bounced off an orbiting satellite and allow the United States viewing public to watch a "live" broadcast originating in Europe.

July 30, 1965: President Lyndon Johnson signs the Medicare Social Security bill to expand the existing health-care plan to cover all Americans over age 65.

July 10, 1968: Dr. Benjamin Spock and three other psychologists are sentenced to two years in prison for counseling college students to evade the draft.

July 29, 1969: Neil Armstrong becomes the first human to walk on the moon after landing in the Apollo Lunar Module "Eagle."

Senior Advisory Committee Report for June 2011

No report submitted.

SENIOR
ADVISORY
Committee
MEMBERS

Sherryl Ward, Chairman
Stella Adkins, Co-Chairman
Marilynn Miller, Secretary
Peg Rinehart
Judy Takaya
Carol Fortier

BROWN BAGS NEEDED!

Do you have Brown Bags that are sitting at home taking up space in a cupboard or closet? Why don't you bring them down to the Senior Center! The senior center is in need of grocery store style brown bags, (preferably with handles). We accept them at the front desk, Monday through Friday, 9-5pm. Thank you so much (in advance,) for your generous donations!

Volunteering and its Surprising Benefits

Helping Yourself While Helping Others

In today's busy society, it can be hard to think about finding time to volunteer. However, the benefits of volunteering are enormous, both to you, your family and the community. The right match can help you find friends, reach out to the community, learn new skills and even advance your career. Volunteering can even help protect your mental and physical health. Learn more about the many benefits of volunteering and tips on finding the right place for you.

Volunteering connects you to others

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. However, volunteering is a two-way street, and it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering helps you make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Volunteering increases your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

- **Volunteering increases self-confidence.** Volunteering can provide a healthy boost to your self-confidence, self-esteem and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- **Volunteering combats depression.** Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.
- **Volunteering helps you stay physically healthy.** Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

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

DAY TRIPS

Evie Tuell

August 11, 2011 - Thursday DESCANSO GARDENS AND NORTON SIMON MUSEUM

Enjoy a train ride through Descanso Gardens. Lunch at the Spaghetti Factory then on to Norton Simon Museum. **Members: \$61, Non-members: \$66.**

GAMBLING TRIPS

Nita Middleton

June 8, 2011, Wednesday HARRAH'S INDIAN CASINO

Enjoy a fun-filled day at the beautiful Harrah's Casino! \$10 in slot play! **Members: \$20, Non-members: \$25.**

July 12, 2011, Tuesday PECHANGA INDIAN CASINO

Enjoy a fun-filled day in Temecula. \$25 in slot play! **Members: \$35, Non-members: \$40.**

August 23, 24, 25, 2011 RIVERSIDE LAUGHLIN

Aloha, it's luau time! Three free buffets plus a luau dinner. **Members: \$98 dbl., 119 sngl., Non-members: \$103 dbl., \$124 sngl.**

September 13, 2011, Tuesday SAN MANUEL INDIAN CASINO

State of the art slot machines and poker and blackjack tables! \$10 in slot play! **Members: \$15 Non-members: \$20 FULL!**

October 25, 2011, Tuesday VIEJAS CASINO

Join the ghosts and goblins for a fun day of gambling and shopping. \$5 back in food credit. **Members: \$20, Non-members: \$25.**



THEATRE

Beryl Daniels

ENCORE BOOKING

September 22, 2011, Wednesday

BATTLE OF THE DANCE

If you missed the June trip, here is a chance to see this spectacular show. Lunch included. **Members: \$63, Non-members: \$68.**

LONG TRIPS

Phyllis Daugherty

Interested in Singapore?

If so, please sign the "Interest Only" sheet!

Date Change!

July 10 - July 16, 2011 CAPE COD & THE ISLANDS

Six nights at one hotel. Round trip air from LAX. Daily sightseeing, includes Boston city tour, Cape Cod Central Railroad, Martha's Vineyard, and much more. \$1899 double, \$2449 single.

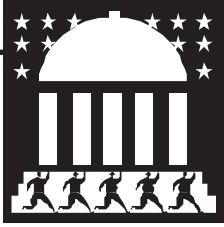
October 5 - 12, 2011 8 Days HEART OF EUROPE

Stay in one hotel in the Netherlands. A perfect location to visit cities in Belgium, Germany, and Luxembourg. \$2699 double, \$3199 single.



October 7 - 12, 2011 6 Days ALBUQUERQUE BALLOON FIESTA

View the mass ascension of the balloons in the morning light. Tour Albuquerque in the afternoon. Spend 3 days touring Santa Fe, Taos, and Los Alamos. \$1949 double, \$2599 single.



Senior Representative Anna T. Boyce, (RN)
California Senior Legislature
Senior Congresswoman
National Silver Haired Congress

June 2011

Legislation

State Bills:

Caretakers & Veterans Omnibus Health Service Act was signed into law by President Obama May 2010. Will allow those caring for veterans wounded since Sept. 11, 2001 for benefits ranging from financial assistance to mental health support and respite care as of January 2011.

AB 804-Yamada-Disability Program: Would expand the scope of a family temporary disability program to include time off to care for a seriously ill grandparent and others.

AB 899-Yamada-Regulations: Would establish regulations for private home care agencies.

AB 999-Yamada-Long Term Care: Would place controls on Long Term Care rate increases.

News Items: *From Supervisor Pat Bates' monthly report:*

1-Protecting our South County Park Natural Resources:

The Board approved an agreement to enroll Casper's Wilderness Park, O'Neill Regional Park, and Thomas Riley Wilderness Park, all of which are in the 5th District, in the Habitat Reserve of the Habitat Conservation Plan for the Southern Sub-Region of Orange County, thereby strengthening the protection of these parks' natural resources.

2-Regional Catastrophic Preparedness:

The Health Care Agency (HCA) works with cities throughout the County to plan and exercise rapid dispensing of pharmaceuticals and vaccines to a large population in the occurrence of a regional health disaster. The mechanism is known as a Point of Dispensing (POD) site. Establishing PODs and conducting full-scale exercises helps to better prepare Orange County for the event of a large scale public health incident. To that end, the Board approved Master agreements for planning services, site equipment and exercise services, which will allow HCA to dispense funds to participating cities for their approved POD site plans.

3-OCTA:

OCTA is enhancing *safety at 50 railroad crossings* in eight cities throughout the county, including improved signage and warning systems. Safety enhancements in the first 21 crossings have been completed. Railroad crossings in Anaheim and Orange recently achieved quiet zones status, prohibiting trains from sounding their horns unless an emergency arises.

CalOptima: Program of All-Inclusive Care for the Elderly: CalOptima is developing its first *Program of All-Inclusive Care for the Elderly* (PACE). This program will help frail seniors remain at home instead of being institutionalized. PACE serves those who are 55 years of age or older, residents of Orange County, certified as needing nursing-home level of care, and can live safely in the community at the time of enrollment. CalOptima is also establishing a PACE Development Advisory Committee (PDAC) to assist in the development of PACE program.

Disposal of Medications: Gone are the days of flushing medications down the toilet. In order to protect the environment and your identity (personal information is often found on the prescription label), dispose of medicine at home in the following way:

1. Keep medication in the original container and scratch out all personal information,
2. Add water to the container or break up capsules and tablets and pour coffee grounds, sawdust or kitty litter into the container. Close and seal up the container with duct tape,
3. Put container in a closed and sealed box or packaging to hide what is inside
4. Put in trash can close to pick-up day.

Many pharmacies and hazard waste collection sites will also take your unused medications and dispose of them properly; just ask. Several studies have found very small amounts of medication ingredients in ground and drinking water all over the country. Though below safety levels and not an immediate danger to people, it is unknown if these chemicals have an effect on the body over a long time.

The Importance of Walking: Walking can add minutes to your life. This enables you at 85 years old to save an additional 5 months in a nursing home at \$7000 per month.

Multitasking was invented by Leonardo Da Vinci who could paint with one hand & draw with the other.

MEMBER SERVICES

June Membership Birthdays

Antonio Asar
Dorothy Barkley
Richard Battisti
Jeanne Bishop
Josephine Black
Beverly Boling
Shirley Bracey
Greta Briand
Audrey Buck
Edward Carmona
Jerry Cimo
Robert Cowley
Marles Crow
Gale Cunningham
Lorene DeSpain
Bette Dumain
Kathryn Eadie
Curtis Easton
Mary Edwards

William Evans
Miguel Fernandez, Jr.
Joyce Flynn
Lucy Foures
Robert Galbraith
Rachel Grissom
Elisabeth Halsteen
Carla Hamamoto
Rachel Hamilton
Doreen Healey
Shirley Hess
Jerry Hornbuckle
Daisy Howard
Richard Humphrey
Irene Innella
Genevieve Jackson
Isabel James
Srima Jay
Mavold Kadota

Monica Knight
Miyuki Kojo
Gina Lesley
Samue Liu
Fred Lowrie
Sharon Margolis
Tony Marquez
June Merkel
Bobbie Moore
Quinn Moore
June Nomura
Theresa Olson
George Pallo
Donald Pender
Virginia Pender
Dorothy Pierle
Christine Pinkham
Evangeline Rentas
Ruben Romero

Henry Rosas
June Russi
Simone Sass
Marcia Sauerbrey
Velma Sedlak
Susan Seine
Maud Serio
Al Slikker
Eleanor Stoughton
Heloiza Tanaka
Arlene Tarin
Emiko Thomas
Shirley Verge
Margaret Weimar
Phyllis Wesson
Rosemarie West
Hugvette Wilson
Edwina Worsham
Irmgard Young



Become a Member Today!

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:

A quarterly membership meeting with refreshments, entertainment, updates of news and activities of the Center, travel news, and an opportunity to win nice door prizes.

- ▶ 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: (____) _____

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

DAY TRIPS

Evie Tuell

August 11, 2011 - Thursday **DESCANSO GARDENS AND** **NORTON SIMON MUSEUM**

Enjoy a train ride through Descanso Gardens. Lunch at the Spaghetti Factory then on to Norton Simon Museum.
Members: \$61, Non-members: \$66.



When we cancel Day Trips it's because we don't have enough people sign up. Several individuals have mentioned they didn't sign up because they knew it would be cancelled. However, if they did, we would have had enough participants to go on the trip. So please, SIGN UP and let's make some memories!

Thank you, Travel Desk

GAMBLING TRIPS

Nita Middleton

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Enjoy a fun-filled day at the beautiful Harrah's Casino! \$10 in slot play! **Members: \$20, Non-members: \$25.**

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An Important Message...

The casinos have informed us that all participants in bus programs must use Player Cards or the programs will be discontinued!

To receive a refund, a cancellation form needs to be submitted. Refunds are subject to cancellation fees per our policy statement. No one will be allowed to sell or give anyone their space on a trip. If you do, that person will not be allowed to go on the trip.

All passengers are required to sign an excursion waiver when traveling with the Costa Mesa Senior Center.

You will be required to show your membership card when signing up for trips.

THEATRE

Beryl Daniels

ENCORE BOOKING

September 22, 2011,
Wednesday

BATTLE OF THE DANCE

If you missed the June trip, here is a chance to see this spectacular show. Lunch included. **Members: \$63,**
Non-members: \$68.



POLICY STATEMENT

ALL TRIPS ARE SUBJECT TO AVAILABILITY.

1. Day Trips, Gambling Trips, Theater Trips, and Mini-Trips must be paid in full at time of booking. Most extended trips will accept a deposit.
2. Costa Mesa Senior travel escorts cannot be responsible for special needs of non-ambulatory travelers. Those who require physical assistance must be accompanied by a caregiver.
3. To apply for a refund, a cancellation form must be signed and submitted according to the following terms:

Day Trips: More than 15 days prior to departure or at any time if a replacement can be found and the trip is full.

Gambling Trips: On overnight trips, more than 30 days in advance or if a replacement can be found and the trip is full. Cancellation forms must be submitted for all gambling trips. Day gambling trips will be refunded if a replacement can be found and the trip is full.

Theater Trips: No refunds unless a replacement can be found and the trip is full.

Mini Trips: More than 30 days in advance or if a replacement can be found and the trip is full.

Extended Trips: Approved refunds only; not made until 30 days after the tour departure.

4. A cancellation fee of \$10.00 for all Overnight Trips and \$5.00 for all Day Trips, will be deducted from refunds.

BAGGAGE RESPONSIBILITY

Due to limited motorcoach capacity, tour participants may check one bag per person. Handling of this bag is included in the tour price. One carry-on will be permitted. It must fit in the overhead compartment or under the seat. The carry-on is your responsibility and NOT the drivers.



LONG TRIPS

Phyllis Daugherty

Interested in Singapore?

If so, please sign the "Interest Only" sheet!

Date Change!

July 10 - July 16, 2011

CAPE COD & THE ISLANDS

Six nights at one hotel. Round trip air from LAX. Daily sightseeing, includes Boston city tour, Cape Cod Central Railroad, Martha's Vineyard, and much more.

\$1899 double, \$2449 single.

October 5 - 12, 2011 8 Days

HEART OF EUROPE

Stay in one hotel in the Netherlands. A perfect location to visit cities in Belgium, Germany, and Luxembourg.

\$2699 double, \$3199 single.



October 7 - 12, 2011 6 Days

ALBUQUERQUE BALLOON FIESTA

View the mass ascension of the balloons in the morning light. Tour Albuquerque in the afternoon. Spend 3 days touring Santa Fe, Taos, and Los Alamos.

\$1949 double, \$2599 single.

Don't Forget!

Anyone leaving a car at the Center while on a trip booked through the Costa Mesa Senior Center Travel Desk

MUST BE PARKED AT THE BACK OF THE PARKING LOT!

You will be required to display a parking pass on your dashboard. Any car parked after 5 p.m. without a pass will be subject to towing!

PLEASE BE AWARE

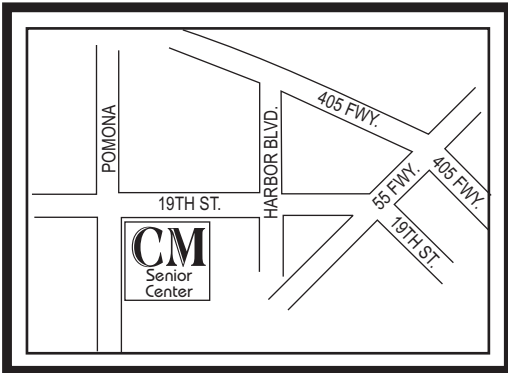
When submitting a cancellation form you must present your receipt for the trip in order to be refunded your money for that trip.



695 West 19th Street
Costa Mesa, CA 92627
(949) 645-2356
RETURN SERVICE REQUESTED

PRESORTED
STANDARD
US POSTAGE
PAID
SANTA ANA, CA
PERMIT NO. 4125

*Time Dated Material
Please Deliver by
JUNE 7, 2011*



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
- ◆ Competitive pricing
- ◆ Convenient location
- ◆ Select the caterer of your choice

Features

- ◆ 5,900 square foot multipurpose room including stage
- ◆ Attractive contemporary decor
- ◆ Beautiful patio area
- ◆ Trained and gracious staff
- ◆ Full service kitchen
- ◆ Ample parking for all your guests

Appointments: Please call (949) 645-2356