

# THE CHRONICLE

OCTOBER-NOVEMBER 2011 ♦ A Monthly Publication of The Costa Mesa Senior Center ♦ VOLUME XIX NO. IV  
A Non-Profit Corporation

## Magic Show & Dinner



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October 22, 2011  
5:30 - 7:30 pm

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



### 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 Representative

Donna Theriault

#### Next Board Meeting

**Tuesday, October 18, 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

## OCTOBER

4	Tuesday	<b>Ballroom Dancing</b> 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
18	Tuesday	<b>Board of Directors Meeting</b> 7:30 am. Meeting room. <b>Ballroom Dancing</b> 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
22	Saturday	<b>Magic Show &amp; Dinner</b> 5:30 - 7:30 pm. Fee: \$25.00 Live magic show & dinner.

## NOVEMBER

1	Tuesday	<b>Ballroom Dancing</b> 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
5	Saturday	<b>Junk in Trunk &amp; Pancake Breakfast</b>
11	Friday	<b>Veteran's Day – Center Closed</b>
15	Tuesday	<b>Board of Directors Meeting</b> 7:30 am. Meeting room. <b>Ballroom Dancing</b> 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00 <b>Flu Clinic</b> 9:00 am - 12:00 pm <b>Gift Shop Holiday Sale</b> 9:00 am - 3:00 pm. MP B
23	Wednesday	<b>Thanksgiving Brunch</b> 11:30 am - 1:00 pm. Turkey and all of the fixings. Fee: \$5.00
24	Thursday	<b>Happy Thanksgiving – Center Closed.</b>
25	Friday	<b>Center Closed</b>
29	Tuesday	<b>Ballroom Dancing</b> 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00



## Executive Director's Message

### LIVE STRONG, FEEL GREAT

Bob Greene, Oprah's longtime trainer, explains why friendship never gets old.

The love and companionship of others is integral to aging gracefully. It's well established that isolation or perceived loneliness is associated with conditions that age the body and put it at greater risk for age related diseases. Loneliness has been

found to raise blood pressure, affect sleep quality, and increase the production of stress hormone cortisol. On the other hand, friendship has been associated with decreases in depression, increases in self-esteem, and better stress management.

Data from the Australian longitudinal Study of Aging has shown that people age 70 and older who have an active social life can live 22 percent longer than those with a less active social-life life. And in 2008, researchers at Harvard's School of Public Health found that socially active seniors had a slower rate of memory decline than their peers.

But if I had to boil down all the sociopsychological factors that help you age well into one word, it would be happiness. It's happiness – that joie de vivre – that makes all the difference. The good news is that many people actually become happier as they get older. When researchers at the Centers for Disease Control and Prevention surveyed different age groups, people in their early 20s reported feeling sad an average of 3-4 days per month while people ages 65-74 felt sad only 2-4 days. Cheers!

After reading **Bob Greene's** description on friendship I encourage all of you to come to the Center, get involved and make friends.

*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.	1:30-2:30 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	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

*Commit  
to be fit.*



### 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
Wed.	10:30-11:30 AM	M	FREE!

### 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.	10:30 AM-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



*Yoga is  
the practice  
of quieting  
the mind.*

# 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: September 28 - October 26  
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: October 6 - October 27  
Session II: January 12 - February 2  
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: September 21 - November 16  
Time: Wed., 9:30 am - 12:00 pm  
Location: Costa Mesa Senior Center

## 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

## Remembering When - Anneliese Steuer

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



Anneliese was born in Offenbach, Germany. Her future husband, Guenther, had built his first glider when he was 14 and was drafted into the Luftwaffe in 1941. He flew over 40 flights before being hospitalized in 1945 at a German hospital, run by the English in Lubeck, suffering from diphtheria. Upon recovering, he returned to Offenbach and married Anneliese in February of 1945. He returned to school and received an architectural degree.

In 1950 Anneliese and Guenther arrived in New York, before moving to California. Guenther worked for Lockheed and Northrop until he passed away in 2010.

# 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](http://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 Hotline .....	877-4-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
<b>OCTA- Access, Transportation .....</b>	<b>(714) 636-7433</b>
<b>Office on Aging</b> (Information/Assistance).....	<b>(714) 567-7500</b>
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
<b>Social Security.....</b>	<b>(800) 772-1213</b>
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.

**O**ur thoughts and get well wishes  
go out to those we've missed.

**T**he 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  
Naomi Watts*

*The Family & Friends of  
Mary French*

*The Family & Friends of  
Geri Boyer*



## Medical News



### Vitamin D May Influence Progress of One Type of Leukemia

Mayo Clinic researchers have found that vitamin D blood levels may affect the speed at which a typically slower growing form of leukemia – chronic lymphocytic leukemia (CLL) – progresses. The findings, published online Nov. 3, 2010, in the journal *Blood*, link low vitamin D levels with much faster progression of CLL.

The standard approach with early-stage CLL is an active monitoring plan – often referred to as “watch and wait.” Once the disease progresses, chemotherapy is generally recommended.

The recent study involved 390 people. Initial blood tests revealed that 30% had low blood levels of vitamin D.

Follow-up three years later found that CLL was 66% more likely to progress and require chemotherapy among those who had low vitamin D levels, than it was in those who had adequate vitamin D levels when they entered the study. In addition, those with the lower vitamin D levels had a twofold increased risk of death. The researchers then confirmed the association between low vitamin D levels and outcomes in a different group of 153 people with untreated CLL participating in a separate study.

Mayo Clinic researchers say their findings add to growing evidence that low vitamin D may be a risk factor for the development and progression of a number of cancers. More study is needed to determine how vitamin D may influence risk of leukemia progression.

Plans are also under way for clinical testing to evaluate whether vitamin D replacement in people who have CLL with low levels of the vitamin can reverse the risk of leukemia progression.



### Placebo Treatment and the Mind-Body Connection

The placebo effect is commonly known as the beneficial effect you may experience when you think you're getting a drug for a problem, but instead you're taking an inactive substance (placebo).

But what if you know that what you're taking is a placebo?

According to one study of adults with irritable bowel syndrome (IBS) – even those who were told that they were taking a placebo – benefitted from the fake pill over a control group that was given no treatment. The study, published in the journal *PLoS One*, followed 80 adults with IBS for three weeks. Then, after being instructed on the nature of placebo pills – and their potentially powerful mind-body effects – half the participants were openly given placebo pills and instructed to take two pills twice a day. The other participants received no treatment. At the end of the study, people taking the placebo scored significantly better in several measures of symptom and well-being improvement.

Mayo Clinic doctors say that the study highlights the importance of the mind-body connection including the important role that expectations play in health care. These important placebo-like effects may be especially important when it comes to conditions such as IBS or fibromyalgia conditions in which exact causes may be hard to identify and treatment or a cure may be elusive.

*Source: Mayo Clinic Health Letter, June 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

## DAY TRIPS

*Evie Tuell*

### **December 9, 2011, Friday** **WEIDNERS GARDENS**

Visit the Gardens (near Carlsbad) to view poinsettias in living color. Lunch on your own at the Premium Outlet Mall, with time to shop.  
**Members: \$40, Non-members: \$45.**

## GAMBLING TRIPS

*Nita Middleton*

### **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.**  
**SPACE AVAILABLE**



### **November 8, 2011, Tuesday** **PALA CASINO**

\$5 back and a Free Stage Show.  
**Members: \$25, Non-members: \$30.**

### **November 30 - December 1 & 2, 2011** **RIVERSIDE LAUGHLIN**

Annual Christmas party with dinner and two buffets.  
**Members: \$98 dbl., \$120 sngl., Non-members: \$103 dbl., \$125 sngl.**



## THEATRE

*Beryl Daniels*

**December 14, 2011**

### **PALM SPRINGS FOLLIES**

This razzle-dazzle song & dance extravaganza will star Lesley Gore, at the Plaza Theater. **Members: \$83, Non-members: \$88.**

## LONG TRIPS

*Phyllis Daugherty*

**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.

**November 1 - 9, 2011**

**9 Days**

### **BEST OF ITALY**

Featuring Rome, Tuscany and Florence. Ten meals and round-trip air, first-class hotels.

\$2899 double, \$3399 single.



**November 29 - December 6, 2011, 8 Days**

### **GERMANY & THE RHINE RIVER HOLIDAY**

Six nights in Heidelberg, Rhine River cruise, three Christmas markets.

\$2599 double, \$3149 single.



**January 16 - 23, 2012**

**8 Days**

### **SINGAPORE**

Visit this lovely southeast Asian country of Singapore. See a magnificent botanic garden with hundreds of orchids, and a bird park with a walk-in bird cage. A day trip to Malaysia is included.

\$2850 double, \$4118 single.

# MEMBER SERVICES

## October & November Membership Birthdays



Jeanne Achtien  
Dorothy Albrecht  
Lorraine Allison  
Sue Anderson  
Art Baird  
Helen Ballinger  
Doug Barker  
Eleanor Beck  
Robert Bell  
Judith Bienemann  
Corinne Black  
Jeannette Blanchette  
Betty Boyer  
Bob Boyer  
Flo Boyer  
Virginia Bruner  
Nancy Burgess  
Franca Carmona  
Maggie Connelly  
Sahara Cookson  
Phyllis Daugherty  
Ramona DeCroix  
Victoria Desmet

Audrey Dils  
Dolores Edwards  
Louise Elliott  
Terry Errico  
Rosalind Estrada  
Aster Evangelista  
Jeanne Fobes  
Carol Fortier  
Dick Fox  
Beverly Franciscus  
Ursula Frankel  
Elizabeth Frazzitta  
Gil Friese  
Edna Gallagher  
Audrey Gerbac  
Joan Geroch  
John Goddard  
Dorothy Goeman  
Kristine Gold  
Galen Hall  
Margaret Hannum  
Aileen Hashimoto  
Lisa Hause

Eva Jamar  
Kimie Jewell  
Patricia Jones  
Robert Jones  
Louisa Knowles  
Kumiko Koga  
Walter Langlinais  
Betty L'Eclair  
Nancy Licata  
Arthur Liddle  
Dorsey Longmire  
Joan Luthi  
Mary Mapson  
Ted Marinos  
Virginia Morris  
Tony Nelwan  
Keith Nickell  
Luella Ottele  
Joan Pangle  
Virginia Pelletier  
Ethel Petrowske  
Dee Petten  
Virginia Pheasant

Janine Pierle  
Roberta Ray  
Harold Reed  
Lucille Reed  
Gladys Refakes  
Rosalind Rice  
Dan Ridgeway  
Susan Robles  
Mary Roseberry  
Nancy Roth  
Charles Rusky  
Genevieve Saetermoe  
Marge Salmassy  
Beth Scheele  
Sandra Schmidt  
Patricia Schuda  
Marilyn Shaw  
Grant Sherman  
Mary Siens  
Willa Sigler  
Gloria Sliney  
Lewis Smith  
Kay Stenberg

Carmen Taylor  
Jean Teasdall  
Evalena Tuell  
Lolita Wagner  
Beverly Wahner  
Viole Wall  
Valerie Walsh  
Sherryl Ward  
Esther Weborg  
Florence Wecklich  
Elva West  
Elizabeth Wilcox  
Joyce Wood  
Edwin Yagerlever  
Matilda Yankovits



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

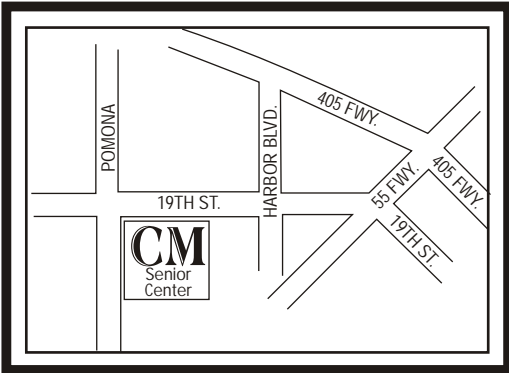
Member Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Member Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

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



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](http://www.ci.costa-mesa.ca.us)  
[www.costamesaseniorcenter.org](http://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

PRESORTED  
STANDARD  
US POSTAGE  
**PAID**  
SANTA ANA, CA  
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*Time Dated Material  
Please Deliver by  
OCTOBER 5, 2011*

## ***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*