

OUTLOOK

ON ACTIVE AGING



Saturday,
September 10, 2016
9:00 a.m.-2:00 p.m.
Pier Plaza,
Huntington Beach

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CITY OF HUNTINGTON BEACH SENIOR SERVICES

Senior Center in Central Park
18041 Goldenwest Street, Huntington Beach, CA 92648
(714) 536-5600

Open Monday - Thursday 8 A.M. to 9 P.M., Friday 8 A.M. to 5 P.M. Saturday 9 A.M. to 1 P.M.,
Closed Sunday

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President's Message

Your Huntington Beach Council on Aging has settled into the Senior Center in Central Park and is picking up where it left off in June. The HBCOA is sponsoring two events in September. The annual fundraising event, the Senior Saturday Community Festival, will be held at Pier Plaza on September 10th from 9 A.M. until 2 P.M.. The dance will be held on Friday September 16th at the Senior Center in Central Park. The theme is "Dancing Under the Stars". Don't miss this opportunity to attend the first dance at the Senior Center in Central Park with included dinner and live band.

There is now a new and updated HBCOA website which is easier to navigate and more interactive with your board. If you go to our website, hbcoa.org, you will see the new version of our website with upcoming information about events and activities. Thank you to Lew Harrison, our web master, and Don MacAllister and Celine Keeble the HBCOA website committee, for their hard work.

After many years and many discussions the Board of Directors has voted to approve an increase in the HBCOA Membership dues from \$10 to \$15 per person per year beginning in 2017. You will see the increase reflected when you renew your membership starting on the first of September, for the year 2017. For those of you who became new members between 1 July and 31 August 2016, your membership will be extended through 2017 as a Grand Opening Special.

Bob Dettloff
HBCOA President



HBCOA BOARD MEMBERS

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I WANT TO JOIN THE HB COUNCIL ON AGING AND ADD MY SAY TO THE VOICE OF SENIOR CITIZENS.

Date ___/___/___ 2017 New Member ___ 2017 Renewal
Membership Level: Bronze thru Lifetime members are recognized in the Outlook, at Rodgers, and at www.hbcoa.org.
___ \$15 General ___ \$100 Bronze ___ \$250 Silver ___ \$500 Gold ___ \$1000 Platinum ___ \$2500 Diamond ___ \$10,000+ Lifetime
___ List my Plaque Sponsorship as:
___ Keep my donation anonymous.
___ I have enclosed a self-addressed stamped envelope for my membership card ___ I will pick-up my card at the senior center.
___ I do not wish to receive the Outlook by mail with my membership.

PLEASE PRINT

NAME (S) _____ COMPANY _____
Last First
ADDRESS _____ PHONE (_____) _____
Number Street Space/Apt
ADDRESS _____
City State Zip
E-MAIL _____

The \$15 annual membership fee includes a subscription to the Outlook newsletter. You must renew annually. Make your check payable to HBCOA and mail to: 18041 Goldenwest St., Huntington Beach, CA 92648 HBCOA Tax ID# 51-0179431



HUNTINGTON BEACH COUNCIL ON AGING

Access, Dignity and Quality of Life

Join the HBCOA

The HBCOA is a 501c3 non-profit corporation and is recognized by the Huntington Beach City Council as representing its local senior citizens. By becoming a member of the HBCOA, you join a body of people who endeavor to respond to the evolving needs of older residents. You will be invited to all functions & will receive this newsletter which gives you the SeniorServ lunch menu & information on issues important to seniors. Members also receive discounts on admission to some HBCOA sponsored events. Join this month (membership application on opposite page) and your annual membership extends through 2017.

HBCOA Accomplishments

- Maintains a vibrant website www.hbcoa.org with information about activities and links to sites of interest to the aging community.
- Budgets \$21,000 to fund a part-time care manager.
- Partners with Rescue Alert of California to provide low-income older residents with life saving personal response systems (see panel below).
- Funds software upgrades and maintenance for the computer lab.
- Sponsors *Tuesday Afternoon at the Movies*, The Trips and Travel Program, the quarterly dances and New Years Eve Dance, line dance parties, bingo, chair arthritis, the popular Tiki Hut at the SeniorServ Luau, Wii Bowling, Step Out for Active Aging, the Senior Softball Tournament, Senior Surf Invitational, and the Autumn Health Fair.

Tribute to Huell Howser

Castle & Cream

Thursday, September 22nd

Begin the day with a walking tour of the Rubel Castle. This historic building was built by Michael Rubel to escape his mothers extravagant parties. The Castle was built of various odds and ends and was the first major recycling project in the US. As you walk the grounds you will see the partial concrete walls made of scrap parts and various wooden rooms that display its timeless nature. Enjoy an included BBQ lunch in the Glendora Village. Finish the afternoon with a visit to Fosselman's Ice Cream in business for over 95 years for an included dessert. *Note The castle has uneven walking surfaces and lacks handrails. Not recommended for those that use a cane, walker or have limited eyesight. Walking shoes necessary. Member \$79 Non Member \$89. Depart 8:30 a.m. Return 5:30 p.m.*



Masters of their Craft

Tuesday, October 4th

Begin the day with a visit to the Sam Maloof home to visit his workshop which still functions as a woodworking business. On display for a limited time is the special exhibit "*Sculpture in the Garden*" featuring sculptures by more than 60 visionary artists filling the homes delightful garden. Next indulge in a tea lunch at a quaint family owned and operated Victorian tea house. Finish the day with a visit to the historic Graber Olive House where graber olives have been grown since 1894. Enjoy seeing the annual olive harvest and sampling the fruit. *Member \$89 Non Member \$99. Depart 8:15 a.m. Return 5:45 p.m.*

The Graveyard Shift

Friday October 21st

Begin the day with a visit to Forest Lawn Glendale where you will see the phenomenal artwork including one of the largest stained glass collections in N. America, dating back to 1200AD. Next visit Forest Lawn Hollywood Hills a majestic memorial park dedicated to the preservation of American History with the acclaimed *Birth of Liberty* mosaics made of 10 million pieces of Venetian glass. Visit Evergreen Memorial Park in Boyle Heights which is LA's oldest cemetery. Visit the Hollywood Forever cemetery which focuses on the turbulent past of the city. Enjoy an included lunch with choice of entrée at the Tam O'Shanter Inn. *Suggested: walking shoes. Member \$89 Non Member \$99. Depart 8:00 a.m. Return 6:00 p.m.*



Emergency Response Systems

Working with Care Management, the HBCOA sponsors payment of Rescue Alert of California Emergency Response Systems for about 40 low income qualified senior clients each month. These units are used in emergencies of any kind:

***78 yr old female with difficulty breathing – 911 transported to the hospital.**

***93 yr old female with unidentified pain in hand – paramedics notified and transported to ER.**

***90 yr old male fell and unable to get up – paramedics notified and Provided help getting up. No injuries.**

Care Managers receive a same day fax notification of each incident which allows them to follow-up with the senior client and loved ones. This lifesaving program is one way the HBCOA's direct funds save lives. Rescue Alert of California offers the same discount to Huntington Beach residents.

For more information: www.rescuealertofca.com or call (866) 774-9600.

Help

Annual Trip Schedule Available at the Senior Center

Register in advance at the senior center.

Unless noted above, trips depart from the Senior Center. Information or special accommodations please call

714-374-1572 More details on above trips at www.hbcoa.org

Choose a doctor who gives you access to the award-winning care at Orange Coast Memorial



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Janeen Laudenback, Director
Chris Slama, Community Services Manager

SENIOR SERVICES

- Randy Pesqueira, Executive Director*
- Heather Dodd, Office Assistant*
- Kristin Martinez, Recreation Supervisor*
- Scott Getman, Recreation Specialist*
- Teri Simonis, Volunteer Coordinator*
- Carole Davis, Recreation Leader*
- Jean Faulkner, Recreation Leader*
- Jess Hallford, Recreation Leader*
- Olivia Hovis, Recreation Leader*
- Ian MacDonald, Recreation Leader*
- Kathy Pace, Asst. Volunteer Coordinator*
- Richard Pace, Recreation Leader*
- Alvaro Rodriguez, Recreation Leader*
- Judi Rohrdanz, Recreation Leader*
- Kim Tran, Recreation leader*
- Sean Tully, Recreation Leader*
- Sandra Yopez, Recreation Leader*
- Vickie Costilow, Care Manager*
- Mary McBride, Care Manager*
- Beverly Schulte, Care Manager*
- Michelle Yerke, Care Manager*
- Connie Arteaga, HDM Coordinator*
- Brandi Kelly-Contreras, Transportation Coordinator*
- Ray Adams, Transportation Assistant*
- Cherelyn Brinker, Dispatcher*
- Jean Payne, Dispatcher*
- Bruce Scott, Dispatcher*
- Auralio Carranza-Cruz, Driver*
- David Downs, Driver*
- Cindy Martina, Driver*
- Charles Nelson, Driver*
- Christine Opal, Driver*
- Craig Schaum, Driver*
- Philip Smith, Driver*
- Diane Stanton, Driver*
- Philip Roy, Assistant Custodian*
- Ian Turlo, Assistant Custodian*
- Erik Wenberg, Assistant Custodian*

EDITOR

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Heather.Dodd@surfcity-hb.org
SPONSORSHIP

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SUPERVISOR'S MESSAGE



Greetings,
 What an amazing summer – after many years of anticipation we are so happy that the Senior Center in Central Park has opened! We are truly excited and humbled at the outpouring of love, support, and enthusiasm we have seen as thousands have come through these doors in the past month. It's been a delight to see those familiar faces return and new faces emerge during this transition.

As we continue into September, I would like to thank you for your patience as we take on new procedures, try out new rooms and technologies, and learn to navigate through this beautiful building. One of the new changes has been the *MySeniorCenter* program. It is a great new program that tracks attendance for all those that enjoy the senior center and also volunteer here. There are several benefits to using this program, the very first being safety. This program allows us to know who is on site if we were to experience an emergency, in addition, if a patron were to experience a personal emergency we are able to assist emergency personnel and obtain information quickly. My Senior Center gives us the ability to pull up statistics on classes and events, attendance numbers to support funding of programs, and much more. Sign up is free and is located at the front desk or Concierge.

Mark your calendars! The Huntington Beach Council on Aging is hosting its 28th Annual Senior Saturday Community Festival on Saturday, September 10th. Located at the beautiful Pier Plaza in Downtown HB between 9 a.m. and 2 p.m., there will be approximately 70 sponsor booths that will offer product information and services geared toward Baby Boomers as well as the older adult population. Come enjoy fabulous entertainment and delicious food as well as opportunity drawings throughout the day. Looking forward to a great September, see you all soon!

Kristin Martinez
 Recreation Supervisor



WHERE IS YOUR OUTLOOK?



The Riscols took their Outlook newsletter on a transit thorough the great Panama Canal. If you look close you can see the new canal locks in the background.

Take your Outlook and pose with it for a picture and you could be featured in a later issue. Where in the world will the Outlook go next?

Send your submissions to Heather.Dodd@surfcity-hb.org

Senior Services Remembers

Please submit names of those we have lost to Heather.Dodd@surfcity-hb.org So they can be recognized and remembered





FREE! Flu Shot Clinic Friday, Sept. 30

8:30 a.m.-11:30 a.m. Game Room

Arm yourself against the seasonal flu with a free flu shot!

Need a ride? *Surf City Seniors On the Go* will pick you up! You can even stay on the bus for your shot if you would like. The nurse will come aboard and deliver your immunization from the comfort of your seat.



After your immunization, why not stay for lunch?

Stay for lunch in the Café following your vaccine. Reserve your space by 11:00 a.m. and lunch is served at 11:15 a.m. Lunch is \$5 for those under 60 and a \$3 donation for those over 60.

More information @ 714-536-5600



Sponsored by Hoag

September is Emergency Preparedness Month

Get prepared in 3 easy steps!

1. Get a kit of Emergency Supplies—plan on making it on your own for at least 3 days. Basic supplies are necessities such as: water, food, medications, flashlight, whistle, personal sanitation supplies, pet supplies, important documents.
2. Make a Plan—what is your support system and how will you contact them? Share your plan with any of your family, friends or neighbors who will respond to you.
3. Be Informed—know what types of emergencies might affect your region.

For specifics and more information go to www.ready.gov or call 1-800-BE READY



New Support Groups:
A Multiple Sclerosis Support Group will meet at the Senior Center in Central Park one evening a month. This group is

for those who are newly diagnosed or have minimal symptoms. Please call Sherri, the support group leader, at 714 846 2064 for more information and to find out if the group is right for you.

Western Day Celebration
September 23rd
Senior Center in Central Park Senior Cafe
Reservations Required

ENJOY LIVE ENTERTAINMENT
10:30 A.M. - 11:30 A.M.
BY
BOB THE ENTERTAINER

MENU

- BBQ McRib
- Small French Roll
- Boston Baked Beans
- Whole Wheat Bun
- Carrot Raisin Salad
- Watermelon

RSVP in person at the lunch room check-in desk by **September 19th**
No Phone Reservations

Fair Housing Foundation
Free Housing Counseling for Tenants and Landlords

Consultation can be done over the phone or in person. Call 1-800-446-3247 to ask common questions or to find out when the next HB Walk-In Clinic will be.

Mobility Equipment Available

Through a generous partnership with HBCOA, Care Management offers to lend mobility equipment such as walkers, rollators and wheelchairs to HB residents 60 years of age and older who are unable to afford purchasing their own. Please call ahead to find out if we have what you need in stock or if we are accepting additional donations of gently used equipment 714-374-1572.



HUNTINGTON BEACH COUNCIL ON AGING

Access, Dignity and Quality of Life



Shop at Ralphs and Raise Funds for HBCOA

*It's easy and Free! Every time you shop with a registered Ralphs Reward card, the HBCOA will receive a donation. **You must re-register each year in September.* Purchases will not count towards HBCOA until after you register your card. If you do not have a Ralphs Rewards Card, go to the service desk at Ralphs and apply for a free card.

Website Registration Instructions

If you have not registered your Rewards Card online:

1. Log in to www.ralphs.com
2. Click on 'No Account? Register' (top right corner)
3. Follow the easy steps to create an online account
4. You will be instructed to go to your email inbox to confirm your account.
5. After you confirm your online account by clicking on the link in your email, return to www.ralphs.com and click your name (you may have to sign in first).
6. View all your information and edit as necessary.
7. Link your card to your organization, click on:
 - ◆ 'Community Rewards' - Enroll.
 - ◆ Type your NPO number or name of organization.
 - ◆ Remember to click on the circle to the left of **Huntington Beach Council on Aging's name.**
 - ◆ Click on enroll to complete the enrollment.

If you are already an online customer:

1. Log in to www.ralphs.com
2. Click 'Sign In'
3. Enter your email address and password.
4. Click on 'My Account' (In the top right hand corner under welcome back).
5. View all your information and edit as necessary
6. Link your card to your organization, click on: 'Community Rewards' re-enroll. Type your organizations name in. Remember to click on the circle to the left of the organizations name. Click on enroll to finish your enrollment.

Tuesday Afternoon at the Movies 12:30 p.m. Free!

Mothers Day



9/6

Sandy (Jennifer Aniston) is a stressed single mom who learns that her ex-husband is marrying a younger woman. Her friend Jesse (Kate Hudson) is a fitness freak who doesn't tell her parents she has a family. Bradley (Jason Sudeikis) is a widower raising two daughters while Miranda (Julia Roberts) is too busy with work to worry about children. When all their problems come to a head, the Mothers Day holiday takes on a special meaning. **118 minutes. Rated PG-13 for language and some suggestive material.**

The Nice Guys

9/13



Holland March (Ryan Gosling) is a down-on-his-luck PI in 1977 LA. Jackson Healy (Russell Crowe) is a hired enforcer. Fate turns them into unlikely partners after a young woman named Amelia (Margaret Qualley) disappears. Healy and March soon learn the hard way that some dangerous people are also looking for Amelia. Their investigation takes them to dark places as anyone else who gets involved in the case seems to wind up dead. **118 minutes. Rated R for violence, sexuality, nudity, language and brief drug use.**

A Hologram for the King

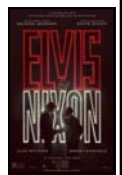


9/20

Cultures collide when an American businessman (Tom Hanks) is sent to Saudi Arabia to close what he hopes will be the deal of a lifetime. Baffled by local customs and stymied by an opaque bureaucracy, he eventually finds his footing with the help of a wise-cracking taxi driver (Alexander Black) and a beautiful Saudi doctor (Sarita Choudhury). **90 minutes. Rated R for some sexuality/nudity, language and brief drug use.**

Elvis and Nixon

9/27



On a December morning in 1970, the King of Rock'n Roll (Michael Shannon) showed up on the lawn of the White House to request a meeting with the most powerful man in the world, President Nixon (Kevin Spacey). The untold true story behind this revealing, yet humorous moment in the Oval Office, forever immortalized in the most requested photograph in the National Archives. **86 minutes. Rated R for some language.**



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714-374-1742 8:30 A.M. - 4:30 P.M.

Huntington Beach Council on Aging (HBCOA)

Recognized by the Huntington Beach City Council as representing its local senior citizens www.hbcoa.org

Adult Protective Services (APS)

800-451-5155 Prevents abuse and neglect of elder and disabled adults www.ssa.ocgov.com

AlertOC

714-536-5978 a mass notification system designed to keep Orange County informed of emergencies www.alertoc.org

Alzheimer's Family Services Center

714-593-9630 Alzheimer's and dementia www.afscenter.org

Aging and Disability Resource Center

800-510-2020 Referrals for older persons, persons with disabilities, & caregivers www.adrcoc.org

AR Mobility

714-841-6360 Discounted medical & mobility equipment, repairs & service www.armorobility.com

California Senior Medicare Patrol

855-613-7080 helps Medicare and Medicaid beneficiaries avoid, detect, and report health care fraud www.cahealthadvocates.org

Caregiver Resource Center

800-543-8312 Caregiver support, respite care, and education www.caregiveroc.org

HICAP

714-560-0424 Health Insurance Counseling & Advocacy

Info Link

2-1-1 or 1-888-600-4357 24-hour referrals to countywide health and human services for all ages www.211oc.org

OCTA Access

714-560-5956 Transportation throughout Orange County for persons unable to take the fixed bus system www.octa.net

Project SHIP Senior Home Inspection Program

714-374-1615 For adults 60+, free home safety checks, smoke detectors and replacement of old batteries in current detectors

Rescue Alert

866-774-9600 Personal response systems; discount for HB residents www.rescuealertofca.com

Social Security Administration

800-772-1213 17075 Newhope Ste B, Fountain Valley, CA 92708 www.ssa.gov

**Surf City 10**

Surf, Sun, and Hwy 1!

Sunday, October 16

California's perfect 10: 10 mile, 10K, and Kid's run starts and finishes on Pacific Coast Highway between the Hyatt and the Hilton on Twin Dolphin Drive. Surfboard medals awarded for all finishers. Go the distance and empower single parents to succeed! Proceeds benefit Project Self Sufficiency (PSS) participants who are highly motivated, single parents earning an education. Register now at surfcity10.com

**Senior Surf Invitational**

For Men & Women 50 Years+

October 29, 2016,

Huntington Beach – South of Pier

Registration \$40 includes tee shirt and awards to 1st, 2nd, and 3rd place.

Register in advance at the senior center

www.hbcoa.org or www.hbsands.org

Sponsored by



*register in advance by October 9th

Free Notary Services

2nd Friday of the month

12:30 p.m.-2:00 p.m.



Notary Public Rita Spira is available to notarize documents such as grant deeds, trusts, power of attorney, etc... A Photo ID is required. For appointments call the Senior Center in Central Park front desk at (714) 536-5600



Carol Burtis

CERT Coordinator

Huntington Beach Fire Department

Emergency Management & Homeland Security Office

2000 Main St., Huntington Beach, CA 92648

714-536-5979

carol.burtis@surfcity-hb.org



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To learn more, visit caloptima.org or call 1-855-705-8823, 24 hours a day, 7 days a week. TDD/TTY users can call 1-800-735-2929.



OneCare Connect is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. Limitations, co-pays, and restrictions may apply. For more information, call OneCare Connect Customer Service or read the OneCare Connect Member Handbook. Benefits and/or copayments may change on January 1 of each year.

H8016_AD1020b Accepted (11/8/15)



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SENIOR CENTER

Experts at Living Well



Dancing Under the Stars

Enjoy an evening "Dancing Under the Stars" at the new Senior Center in Central Park!

Friday, September 16th 7-10 p.m.

HBCOA Members: \$20

Non-Members: \$25

For more information call 714-536-5600



Surplus Food Distribution

Friday, September 9th, 8:30-10 a.m.

FREE Food commodities are available to all low income Huntington Beach residents on the second Friday of each month at the Senior Center in Central Park. Please bring proof of residency and self certify income.



Beach City Big Band

4th Monday of the Month

Parkview Room

Senior Center in Central Park

7:30 p.m.

Drop in for a Swingin' Good Time!!



Each of us has a "Touch of Sage" within to share as we gather together in

"NEW CONVERSATION WITH AN OLD FRIEND"

Come join us and contribute your thoughts and ideas and challenges in dialogue with others on various topics related to humor, growth, change and wisdom.

These CONVERSATIONS will be facilitated by Betsy Crimi MA, MFT enabling us to realize the gifts of our years and the meaning of our lives.

September 13th, 27th,

October 11th, 25th

November 15th, 29th

10:30 a.m.—11:30 a.m.

Topics include: Attitude of Gratitude, Friendship, What is Success?, Lighten Up! Great Great Expectations, Let Your Life Speak.

Introduction to Smartphones & Tablets

This 1 hour walk-in is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give tips & tricks on how to get the most out of your phone or tablet.



450219-5 9/12/16-10/3/16



6th Annual HB SENIOR SURF INVITATIONAL

*For Men & Women 50 Years +
Saturday, October 29, 2016*

Huntington Beach South of the Pier
Pacific Coast Highway and Main Street in Huntington Beach

*Athletes will compete within a 5 year age group:
(50-54, 55-59, 60-64, 65-69, 70-74, 75+, Women's)*

Registration Deadline: October 9, 2015

Registration Fees: \$40, includes event t-shirt and awards to 1st, 2nd, and 3rd place participants.

For more information contact
Senior Center in Central Park
@ **714-536-5600**
18041 Goldenwest Ave, HB 92648



SOCIAL SERVICES

Facilitating independent living and developing a plan for facing late-life transitions

Transportation Services

714-374-1742



Weekday transportation is available from 8:30am- 4:00pm to Huntington Beach residents 60+ for all their non-emergency transportation needs in Huntington Beach and to the Social Security office in Fountain Valley. The *Surf City Seniors on the Go!* shuttle brings older adults to the senior center for the SeniorServ lunch program, classes, and activities. Medical transportation outside of the City is also available to Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital, and to Orange Coast Memorial Medical Center. Vehicles are wheelchair accessible.

A volunteer escort is available to provide extra assistance on group shopping trips.

Transportation appointments fill quickly. Five days notice is required to guarantee a ride. *Same day service is offered on a space available basis.* 24 hours notice is requested for cancellations.

Register by phone. Call between 9am and 3pm to schedule rides. Although there is no charge to seniors for transportation, donations are appreciated.

Transportation made possible through donations and funding by Hoag Hospital and OCTA.

octa
YOUR WHEELS

hoag

Care Management

714-374-1572

Care Managers work with Huntington Beach residents to help enhance the quality of life for older adults, as well as develop and implement a plan for facing late-life transitions, and aging in place. Care Managers provide in-office, phone or in-home consultation and objectively evaluate a situation to help find solutions and develop a plan to address unmet needs. They provide education, information and support. Some of the services and information topics covered are:



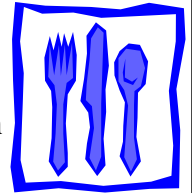
- Aging in Place
- Benefits information
- Housing options
- Home improvement
- Holiday programs
- Nutrition services
- Transportation options
- Social support
- Caregiver Resources
- Care Call Program
- Fall Prevention
- Health Care Directives
- Mobility Equipment Lending
- Personal Response Systems
- Veteran Resources

And more.

Home Delivered Meals

714-374-1717

Senior Service volunteers deliver meals to qualified older residents each weekday morning between 9:00 a.m. and 12:00 p.m.



The meals are planned and prepared by SeniorServ in Anaheim. The home delivered meals consist of 3 meals a day totaling 1400 to 1800 calories per day. They are considered a low-fat, low-cholesterol, and low-sodium diet. A no concentrated sweets meal is available upon request.

The HDM consists of a combination of cold and frozen meals which are ready to eat or can be heated in the microwave.

To qualify for the service, a Huntington Beach resident must be 60 years or older, homebound, and unable to shop and cook with limited support. Financial status, nutritional risk and support systems are factors in determining eligibility and priority. A phone intake and an in-home assessment are conducted.

Support for the Home Delivered Meals program provided by Hoag Hospital.

hoag

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Call center hours: Monday to Friday 8:30am - 5:00pm. Calling this number will direct you to a licensed insurance agent. Medicare has neither reviewed nor endorsed this information. CA License #0D44018



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This information is available for free in other languages. Please contact a licensed Humana sales agent at 1-855-485-6043 (TTY: 711). Esta información está disponible gratuitamente en otros idiomas. Póngase en contacto con un agente de ventas certificado de Humana al 1-800-246-1444 (TTY: 711).

Y0040_GHHXDDEN16 Accepted



VOLUNTEER NEWS



Volunteers enhance the quality of life for Huntington Beach Seniors



A Familiar Face Joins the Volunteer Staff

Please welcome Kathy Pace, Assistant Volunteer Coordinator. Whew! I know I do! If Kathy looks familiar, its because she started as a volunteer 9 years ago. As a volunteer, Kathy greeted guests from the Rodgers Seniors Center front desk, escorted seniors on grocery shopping trips, delivered meals to homebound seniors, as well as mixed up tropical drinks and grilled hot dogs for the HBCOA. Kathy accepted a part-time staff position at the Rodgers front desk in April. Kathy joined the Volunteer Staff with the move to the Senior Center in Central Park and the increased demand in the volunteer division. She is the perfect fit because she knows volunteers!



Steps to Volunteer at the Senior Center in Central Park

- Submit a volunteer application. Applications are available at the senior center and online at www.hbcoa.org. Applicants will be contacted to attend the next available quarterly Volunteer Orientation including:
- ♦ a 3 hour class designed to overview volunteer opportunities, introduce applicants to Huntington Beach Senior Services, and prepare new volunteers to serve the aging population.
 - ♦ A tour of Senior Center in Central Park with an active volunteer
 - ♦ LiveScan Fingerprint and background clearance (\$16) After background clearance, meet with volunteer staff and determine volunteer position.



ID Badges

Do you have your Senior Center in Central Park ID badge yet? Wearing an ID badge is now a City requirement when you are volunteering for the City whether you are at the senior center or representing Senior Services in the community. If you have not received yours yet, please come to the Recreation Front Desk and ask for Heather Dodd, Teri Simonis, or Kathy Pace. One of us will take your picture and then...Voila! Your new ID badge will be ready by your next shift.

My SeniorCenter

Each shift all volunteers must log their hours into *MySeniorCenter*. No more paper, this is the way your hours are being tracked now.



1. Touch the volunteer Icon
2. Select your volunteer activity
3. Enter the number of hours and minutes for your volunteer shift. If your shift varies, estimate. You can add hours at the end of your shift if you need to adjust.
4. Click Okay
5. Click Finish
6. Look for the wagging dog wishing you a good day!



VOLUNTEERS NEEDED DANCING UNDER THE STARS

**FRIDAY 9/22/16
5:30-10:30 P.M.**

Contact Volunteer Services
Teri Simonis, 714-374-1544 /
TSimonis@Surfcity-hb.org
Kathy Pace, 714-374-1520
Kathy.Pace@surfcity-hb.org

Volunteers Needed



SeniorServ Birthday Cake Volunteer -Order, pick-up, and deliver the birthday cake for the SeniorServ Lunch program. The monthly birthdays are celebrated on the last Friday of the month.



Bingo Coffee Volunteer -Pick up supplies and prepare the coffee for Bingo on Mondays and Thursdays. Bingo starts at 12:30 p.m.

Purchases reimbursed for both positions



Outlook Mailing

Thursday, September 22nd Room D 8:00



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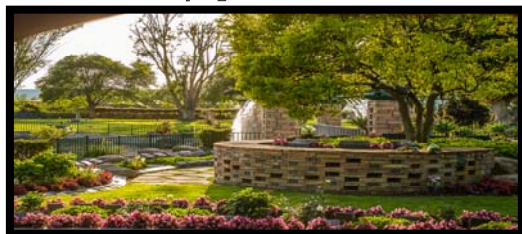
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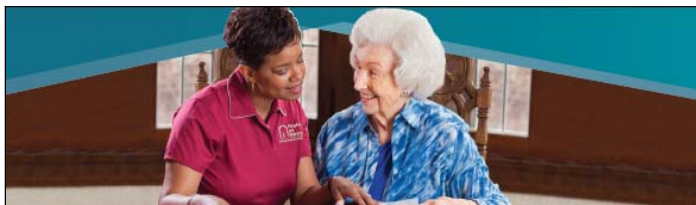


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- ♦ Parkinson's Disease

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Hoag Health & Wellness Pavilion

Join The Movement



Coordinator's Corner

If you haven't stopped by yet and taken a tour of the Health & Wellness Pavilion then you are missing out! We are the best spot in Huntington Beach for older adults to improve and maintain their health and fitness.

The Wellness Pavilion has a quarter million dollars worth of state-of-the-art equipment, machines and accessories. From easy to use machines, such as a recumbent bike or treadmill, to more advanced machines, such as a TRX or Kinesis One, we've got it all. Our knowledgeable staff will take you through a 30-45 minute orientation so that you feel comfortable and confident before using the facility. In addition, we offer personal training, sample workouts, health screenings and a variety of health & wellness based lectures.

Come check out the beautiful view of the park and I promise you'll be pleased with what we've put together to help older adults in Huntington Beach maintain their health.

Join the movement!

-Scott Getman, Wellness Specialist

Hoag in September

Blood Pressure Checks 9:30 a.m.-11:30 a.m.
September 9th & September 20th

Hearing Screenings 9:30 a.m.-11:30 a.m.
September 7th & September 21st

Lecture: Cataract Symptoms and Latest Treatment Options
September 13th at 12:30 p.m.

Lecture: Memory Risks & Tips for Staying Sharp
September 14th at 10:30 a.m.

Lecture: Prostate Health
Latest Recommendations & Guidelines
September 29th at 10:30 a.m.



A member of the
St. Joseph Hoag Health alliance

Walking Program!

Join volunteers, staff and trainers as we use walking to improve our health. This program takes place every **Wednesday at 8:30a.m.** Starting **September 14th** participants will meet at the Senior Center and then walk either a 30-minute or 1 hour loop throughout Central Park. For more info contact the Health & Wellness Pavilion at 714-374-1578.



Fitness Center Info

Hours of Operation

M-TH...8 a.m. - 8 p.m.

F...8 a.m. - 5 p.m.

SAT...8 a.m. - 1 p.m.

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Entertainment Schedule

9:00 AM	The Singing Goodtimers
9:45 AM	Cheryl Silverstein
10:15 AM	Raffle Prize Giveaway
10:25 AM	Cheryl Silverstein
10:45 AM	Fred Thomke
11:30 AM	Drawing
11:45 AM	Forever Young
12:30 PM	Drawing
12:45 PM	Nic Peper
1:45 PM	Final Announcements & Raffle Prizes

(times are approximate)

**Stage is
located
directly across
from the
dining tent**

Free Shuttle Service to Pier Plaza
 8:30 a.m.-2:30 p.m.
 Stops: Senior Center in Central Park
 18041 Goldenwest Street
 &
 City Hall, 2000 Main St.

How Do I Join the Senior Center in Central Park

- ◆ **My Senior Center:** Free!
 -Accounts for volunteers and attendees of the center for any reason, sign up at the center.
- ◆ **Sands:** Costs per class or activity www.hbsands.org
 -Various classes are offered each quarter throughout the city, sign-up online, by mail or at any recreation center.
- ◆ **Hoag Fitness Center:**
 -\$120 per year or \$80 if over 80, sign up in person after taking an orientation at the Fitness Center.
- ◆ **HBCOA:** \$15/ year www.hbcoa.org
 -Non-profit membership, outlook mailed to home, on-line or in person, or by mail.
- ◆ **SeniorServ:** Free!
 -Register at the Parkview Room for a daily congregate lunch.



Huntington Beach Senior Café at the Center— August 2016 714-375-8404

Lunch is served Monday- Friday @ 11:15 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00			Vegetarian Lasagna Mixed Salad w/ Sliced Tomatoes Italian Dressing Fresh Fruit of Season	Pork w/ Asian Sauce Steamed Rice Stir Fry Vegetables Whole Grain Roll Melon
5	6	7	8	9
CLOSED 	2 Beef Tacos (6" Flour Tortillas) Topped w/ Diced Tomatoes & Onions Salsa Verde Spanish Rice Black Beans Sugar Free Flan Orange Juice	BBQ Pork Sandwich Whole Wheat Bun Shredded Cabbage Carrot Coins Potato Wedges Tangerine	Cream of Spinach Soup & Crackers Chinese Chicken Salad (Chicken Strips, Salad Mix, Shredded Carrots) Topped w/ Mandarin Oranges/ Almonds Asian Dressing Almond/Fortune Cookie Diet Cookie	Salmon Boat w/ Newberg Sauce Roasted Red Potatoes Spinach Whole grain Bread Watermelon
12	13	14	15	16
Crab Salad w/ Spinach Whole Grain Roll Cucumber & Tomato Slices Orange Juice Ice Cream	Sesame Chicken w/ Broccoli Jasmine Rice w/ Edamame Sugar Free Cake w/ Fat Free Whipped Topping	Homemade Beef Stew 4 Way Green Salad w/ Tomatoes & Dressing Mini Muffin Pineapple Chunks	Farmers Soup & Crackers Breaded Fish Potato O'Brien Peach Halves Packed In Juice	Baked Meatloaf w/ Mushroom Gravy Mashed potato Sliced Carrots Melon
19	20	21	22	RSVP 23 RSVP
Cheese Enchiladas w/ Enchilada Sauce Black Beans Spanish Rice Ambrosia 	Vegetarian Chili w/ Cheese & Onions Scandinavian Blend Vegetables Coleslaw Whole Grain Roll Peaches/Pears Orange Juice	<u>Summer Salad Day</u> Vegetable Soup & Crackers Tuna Stuffed Tomato On A Bed of Spinach W/ Cucumbers & Raspberry Dressing Roll & Margarine	Roasted Plum Tomato Soup & Crackers Egg Salad Sandwich Whole Grain Bread Couscous Salad Sugar Free Pudding Sliced Pineapple	<u>Western Day Celebration</u> BBQ McRib Small French Roll Boston Baked Beans Carrot Raisin Salad WW Bun Watermelon
26	27	28	29	30
Roast Turkey w/ Gravy Yams/Marshmallows Green Beans Cranberry Sauce Pineapple Chunks	Meatballs w/ Marinara Sauce Over Linguine Italian Vegetables Apple Crisp Diet: Apple Crisp 	Breaded Potato Crusted Pollack Garlic Herb Rice Brussels Sprouts Diet: Cookie	Tostada Salad (Entrée Size) (Ground Beef, Mixed Salad, Corn, Black Beans, Cheese, Tomatoes) Chips & Salsa Seasonal Fresh Fruit	Holly Farm Chicken Mashed Potatoes Whole Baby Carrots Tropical Mixed Fruit

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Indicates sodium content over 1,000 mg. *indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories

MONDAY

TUESDAY

WEDNESDAY

P.S. Purposely Silly



I N D E X

L	Computer Room
D	Dance Room
1	Edinger Medical Group 1
2	Edinger Medical Group 2
G	Game Room 1,2,3
X	Group Exercise Room
H	Hoag Office
P	Parkview Room (North & South)
S	Services Office
O	Patio
\$	Participation fee
*	Registration



5	8:30	Painting & Drawing	1*\$	6
	9:30	Uke Players Anonymous	2*\$	
	9:30	Blood Pressure Check	H*	
	10:45	Uke Players Anonymous	2*\$	
	11:00	Duplicate Bridge	G*\$	
	12:00	Studio Art	1*\$	
	12:00	Pinochle	G*\$	
	12:30	Wards Duplicate Bridge	2*\$	
	12:30	Scrabble	G	

9:00	Fishing Club	1	7
9:00	Wii Bowling	G	
9:30	Hearing Screening	H*	
9:30	Longevity Stick	O	
10:30	Cardkateers	2	
11:00	Mahjong	G	
1:00	Arthritis Chair	D*	
6:00	Fitness For Life	X*\$	
6:30	HB Art League	P*	

9:30	Kinetic Mindfulness	2*\$	12
9:30	Vision Screening: Hoag	H*	
9:30	Longevity Stick	O	
10:15	Aerobics	F*\$	
11:15	Protect your Identity	L*\$	
11:45	Pilates Chair	X*\$	
12:30	Chess	G	
12:30	Pilates Chair	X*\$	
1:30	Intro to Facebook	L*\$	
2:45	Intro to Smartphones	2*\$	
5:30	Total Body Stretch	D*\$	
6:45	Tai Chi Beg	D*\$	
6:45	Tai Chi Inter	P*\$	

8:30	Painting & Drawing	1*\$	13
9:00	Senior Cardiofit	P*\$	
9:00	Pinochle	1*\$	
9:00	Beg Computers	L*\$	
10:00	Drum Yourself Healthy	P	
10:45	Uke Players Anonymous	2*\$	
11:00	Duplicate Bridge	G*\$	
12:00	Studio Art	1*\$	
12:30	Movie	P	
12:30	Hoag Lecture: Cataracts	P*	
12:30	Wards Duplicate Bridge	2*\$	
12:30	Scrabble	G	
2:30	Line Dance Fitness	D*\$	

8:30	Walking Program	O	14
9:00	Wii Bowling	G	
9:30	Hula Auana	D*\$	
9:30	Longevity Stick	O	
10:15	Aerobics	X*\$	
10:30	Hoag Lecture: Memory	1*	
10:30	Morning Masterpiece	2	
11:00	Mahjong	G	
12:00	Pilates Chair	X*\$	
1:00	Arthritis Chair	D*	
6:00	Fitness For Life	X*\$	
6:30	Power Yoga	G*\$	

9:30	Longevity Stick	O	19
10:00	Chair Yoga	D*\$	
10:15	Aerobics	F*\$	
11:15	Protect your Identity	L*\$	
11:15	Chair Yoga	D*\$	
11:45	Pilates Chair	X*\$	
12:30	Chess	G	
12:30	Pilates Chair	X*\$	
1:30	Intro to Facebook	L*\$	
2:45	Intro to Smartphones	2*\$	
3:15	Line Dance 2/3	P*\$	
5:30	Total Body Stretch	D*\$	
6:45	Tai Chi Beg	D*\$	

8:30	Painting & Drawing	1*\$	20
9:00	Senior Cardiofit	P*\$	
9:00	Pinochle	1*\$	
9:00	Beg Computers	L*\$	
9:30	Blood Pressure Check	H*	
10:15	Flex & Stretch	P*\$	
10:45	Uke Players Anonymous	2*\$	
11:00	Duplicate Bridge	G*\$	
12:00	Studio Art	1*\$	
12:30	Movie	P	
12:30	Scrabble	G	
2:30	Line Dance Fitness	D*\$	

8:30	Walking Program	O	21
9:00	Wii Bowling	G	
9:30	Hula Auana	D*\$	
9:30	Longevity Stick	O	
9:30	Hoag: Hearing Screening	H*	
10:15	Aerobics	X*\$	
11:00	Mahjong	G	
12:00	Pilates Chair	X*\$	
1:00	Arthritis Chair	D*	
1:00	Line Dance 2 3/4	P*\$	
3:00	Line Dance Fitness	P*\$	
6:00	Fitness For Life	X*\$	
6:00	Fire Med CPR	G*\$	

9:30	Longevity Stick	O	26
10:00	Chair Yoga	D*\$	
10:15	Aerobics	F*\$	
11:15	Protect your Identity	L*\$	
11:15	Chair Yoga	D*\$	
11:45	Pilates Chair	X*\$	
12:30	Chess	G	
12:30	Pilates Chair	X*\$	
1:30	Intro to Facebook	L*\$	
2:45	Intro to Smartphones	2*\$	
3:15	Line Dance 2/3	P*\$	
5:30	Total Body Stretch	D*\$	
6:45	Tai Chi Beg	D*\$	

8:30	Painting & Drawing	1*\$	27
9:00	Senior Cardiofit	P*\$	
9:00	Pinochle	1*\$	
9:00	Beg Computers	L*\$	
10:15	Flex & Stretch	P*\$	
10:30	Yoga	D*\$	
10:45	Uke Players Anonymous	2*\$	
11:00	Duplicate Bridge	G*\$	
12:00	Studio Art	1*\$	
12:30	Movie	P	
12:30	Scrabble	G	
2:30	Line Dance Fitness	D*\$	
4:00	Line Dance Fitness	D*\$	

8:30	Walking Program	O	28
9:00	Wii Bowling	G	
9:30	Hula Auana	D*\$	
9:30	Longevity Stick	O	
10:15	Aerobics	X*\$	
10:30	Morning Masterpiece	2	
11:00	Mahjong	G	
12:00	Pilates Chair	X*\$	
1:00	Arthritis Chair	D*	
1:00	Line Dance 2 3/4	P*\$	
3:00	Line Dance Fitness	P*\$	
6:00	Fitness For Life	X*\$	
6:00	Power Yoga	G*\$	

THURSDAY

FRIDAY

SATURDAY

9:15	Flex & Stretch	X
10:15	Zumba Gold	X*\$ 1
12:30	Hoag: Thyroid Lecture	2*
12:30	Party Bridge	1*\$
3:00	Beg Spanish	2*\$
5:00	Family Martial Arts	X*\$
6:15	Martial Arts	X*\$
6:30	Woodcarving Club	1

9:00	TOPS	1* 2
9:00	Pinochle	G
9:00	Sr Cardiofit	P*\$
9:30	HICAP	S
10:15	Circuit Training	X*\$
10:30	Handicrafters	1
12:30	Pilates Chair	X*\$
1:00	Practice Bridge	2*\$
1:30	Arthritis Chair	D*
3:00	Line Dance New Beg	P*\$
4:00	Line Dance 1	P*\$

10:00	Martial Arts for Adults	A*\$ 3
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9:00	Org Your Computer	L*\$ 8
12:30	Party Bridge	G*\$
12:30	Notary	S*
2:00	PC Buddy Club	L*\$
6:00	Laughter Yoga	P*
6:30	Woodcarving Club	1

8:00	Food Distribution	O 9
9:00	TOPS	1*
9:00	Pinochle	G
9:30	HICAP	S*
10:30	Handicrafters	1
12:30	Notary	S*
12:30	Movie	P
1:00	Practice Bridge	2*\$
1:30	Arthritis Chair	D*

9:00	Gmail and Google	L*\$ 10
10:00	Fire Med CPR	1*\$



9:00	Org Your Computer	L*\$ 15
9:00	Tai chi Beg	D*\$
9:00	Tai Chi Inter	P*\$
9:15	Flex & Stretch	X*\$
12:30	Party Bridge	G*\$
5:00	Radio Club	G*\$
5:00	Family Martial Arts	X*\$
6:15	Martial Arts For Adults	X*\$
6:30	Woodcarving Club	1

9:00	TOPS	1* 16
9:00	Pinochle	G
9:00	Senior Cardiofit	P*\$
9:30	HICAP	S*
10:15	Circuit Training	X*\$
10:30	Handicrafters	1
12:30	Pilates Chair	X*\$
1:30	Arthritis Chair	D*

9:00	Fun With Craigslist	L*\$ 17
9:00	AARP Driver Safety	1*\$
9:00	Power Yoga	X*\$
10:00	Pilates Lean & Fit	D*\$
10:00	Martial Arts For Adults	X*\$

9:00	Tai chi Beg	D*\$ 22
9:00	Tai Chi Inter	P*\$
9:15	Flex & Stretch	X*\$
10:30	Hoag Lecture: Fall Prevention	1*\$
11:00	Yoga	D*\$
2:00	PC Buddy Club	L*\$
5:00	Family Martial Arts	X*\$
6:15	Martial Arts For Adults	X*\$
6:30	Woodcarving Club	1

9:00	TOPS	1* 23
9:00	Pinochle	G
9:00	Senior Cardiofit	P*\$
9:30	HICAP	S*
10:00	LGBT Stress Mgmt	2*
10:15	Circuit Training	X*\$
10:30	Handicrafters	1
11:30	Stress Mgmt	2*
12:30	Pilates Chair	X*\$
1:00	Arthritis Chair	D*
3:00	Line Dance New	P*\$

9:00	Power Yoga	X*\$ 24
9:00	Intro to Windows	L*\$
9:00	AARP Driver Safety	1*\$
10:00	Martial Arts For Adults	X*\$
10:00	Lean & Fit	D*\$
10:00	Learn Black History	2*\$

9:00	Tai chi Beg	D*\$ 29
9:00	Tai Chi Inter	P*\$
9:15	Flex & Stretch	X*\$
10:30	Hoag Lecture: Men's Health	1*\$
11:00	Yoga	D*\$
5:00	Family Martial Arts	X*\$
6:15	Martial Arts For Adults	X*\$
6:30	Woodcarving Club	1

9:00	TOPS	1* 30
9:00	Pinochle	G
9:00	Flu Clinic	G
9:00	Senior Cardiofit	P*\$
10:00	LGBT Stress Mgmt	2*
10:15	Circuit Training	X*\$
10:30	Handicrafters	1
11:30	Stress Mgmt	2*
12:30	Pilates Chair	X*\$
1:00	Arthritis Chair	D*
3:00	Line Dance New	P*\$
3:00	Line Dance Fitness	G*\$
4:00	Line Dance Fitness	P*\$

September

City of Huntington Beach
Huntington Beach Council on Aging
18041 Goldenwest St.
Huntington Beach, CA 92648

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