OUTLOOK on Active Aging

March 2018

FREE Paper Shredding Day !!!!

Saturday April 14th
9am-12pm
(or until the truck is full)

Senior Center in Central Park
18041 Goldenwest St., Huntington Beach

Dispose of your old transaction folders, personal documents, and financial records without fear of identity theft

Limit: Five (5) banker boxes or paper grocery bags filled with your personal papers and documents

Co-sponsored by OCR & the Huntington Beach Council on Aging

FREE!

OUTLOOK on Active Aging

With tax day just a few weeks away on April 17th this year, everyone is sure to be collecting and working with their personal records and sensitive documents. Once you have used your records or find that you have years of old records piling up, what are you to do with them to ensure they are destroyed properly and protect your identity? Tearing up records and home shredders are not necessarily the most effective method for security and burning paper is not very environmentally wise nor safe. To help, the Huntington Beach Council On Aging in conjunction with the OC Realtors and Republic Services are sponsoring a free drive-thru shred event at the Senior Center in Central Park. Your documents will be securely shredded on site when you drop them off and you don't even have to get out of your car. Volunteers will be on hand to do the heavy lifting for you out of your vehicle and into the shredder bins, all you need to do is drive by. Please limit the documents you wish to shred to 5 boxes/bags and refer to the list on the flyer below for documents and guidelines. Feed secure in protecting your identity as well as helping the earth by recycling all your old personal records.

LIFETIME PLAQUE SPONSORS

Assistance League of Huntington Beach Dreamcatchers Auxiliary, Hoag Memorial Hospital Presbytarian, Orange Coast Memorial Medical Center

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Paul & Anne Devore, Handy Crafters

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Sharon O’Connor, Ron & Judy Shenkman, Patricia Wiebe

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2018 IN MEMORIUM

Dick White

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Huntington Beach, CA 92648

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PRESIDENT’S MESSAGE
At the HBCOA we appreciate the support of our members and reward them with discounts throughout the year on travel, dances, & other activities. We also keep members informed with the monthly HBCOA newsletter “Outlook on Active Aging”. Membership funds help support many programs & services for HB seniors and member levels start at just $15. Please show your support and take a moment to renew your HBCOA membership or consider joining for the first time. You do not need to be a senior.

There are also other ways to contribute. In June, we will be hosting one of our major fundraisers of the year – the annual HBCOA On Course Golf Tournament. This is a fun day of golf followed by a buffet awards dinner with raffles, auctions and other fun activities. Check our website (hbcoa.org) for more information. You may also consider HBCOA in your planned giving including donations to our endowment fund. As a 501(c)3 non-profit charity, HBCOA depends on the philanthropy of the community and we are grateful for donations at any level.

This month’s Outlook newsletter has many opportunities for mental & physical activity as well as social engagement – all of which are critical for staying healthy as we age. Let’s get out and get active!

Ed Pinchiff
HBCOA President

MEMBERSHIP IN THE HBCOA

MEMBERSHIP LEVEL: Bronze-Lifetime members are recognized in the Outlook as Plaque sponsors, and at www.hbcoa.org.

$15 per person / Plaque sponsor: $100 Bronze $250 Silver $500 Gold $1000 Platinum _ $2500 Diamond $10,000+ Lifetime

List your Plaque Sponsorship as:

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The Florida Project

The Florida project follows 6-year-old Moonee (Brooklynn Prince) and her fisty mother Halley (Bria Vinaia) over the course of a summer week. The two live week to week at a budget motel managed by Bobby (Willem Dafoe), whose stern exterior hides a deep well of kindness and compassion. Despite her surroundings Moonee has no trouble making every day special. Unbeknownst to Moonee her delicate fantasy is supported by the toy and sacrifice of Halley. 115 minutes. Rated R for language, disturbing behavior, sexual references & drug material.

Mudbound

What starts out as a lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the worlds greatest detective – Hercule Poirot (Kenneth Branagh) arrives to interrogate all passengers and search for clues before the killer can strike again. 114 minutes. Rated PG-13 for violence and thematic elements.

Battle Of The Sexes

The 1973 Tennis match between Bille Jean (Emma Stone) and Bobby Riggs (Steve Carell) became the most watched televised sports event of all time. Trapped in the media glare, Jean and Riggs were on opposite sides of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the Jean was also struggling with some sexual fluidity, while Riggs gambled his legacy and reputation in a bid to revalidate the glorious of his past. 121 minutes. Rated PG-13 for some sexual content & partial nudity.

Goodbye Christopher Robin

After leaving London for the English countryside writer A.A. Milne (Domhnall Gleeson) starts to spin fanciful yarns about his son’s findings collected from the books, while the enchanting tales bring hope and comfort to the postwar England. 107 minutes. Rated PG for thematic elements, some bullying, war images and brief language.
Greetings,

Happy Spring – although at the time of this writing it is 85 degrees and feels like summer! This season will bring a whole new set of classes, activities, services, luncheons, dances and everything else that keeps the Senior Center in Central Park moving! In talking with one of our sponsors recently, the word elderly came up, as in, ‘does your center serve the elderly?’ I had to think for a second – I usually associate elderly with disabled, which is certainly not true. I usually describe our center as a place for active aging. I am accustomed to describing people as ‘older,’ rather than ‘old.’ I reserve the word senior to describe our participants who are in their eighties or nineties! I am comfortable using Baby Boomers, probably because I am one! All of this got me thinking about the way we think about our aging, and how things are changing daily, and the power of words.

Of course we serve the elderly, but more importantly, they serve us! Elders should be highly regarded in any society. Our center is full of elders of all kinds, and yes, many are leaders, teachers, and many simply lead by example. What a wonderful place the Senior Center in Central Park is!

Happy Spring – See you at the movies!

Randy Pesqueira, Director

WHERE IS YOUR OUTLOOK

Paul and Josette Schwartz took their Outlook on a tour of Fenway Park, home of the Boston Red Sox and the “Green Monster” which is a popular nickname for the 37.2 feet high left field wall at Fenway Park, 310 feet from home plate. Take your newsletter on vacation with you 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
**New Faces at the Front Desk**

The Senior Center in Central Park would like to welcome two new staff members to the senior center. Lindsay Bebout & Dee Dee Travis.

We welcome the new recreation staff and they look forward to meeting all of you at the front desk. Stop by and say Hi.

---

**Alternative Health: Oil Pulling**

Oil pulling is the age-old remedy rooted in Ayurvedic medicine, which says to use coconut oil for cleaning and detoxifying teeth and gums. The oil is swished in the mouth for 15-20 minutes each morning when you wake up. This practice significantly improves oral health and also whiten teeth. For best results be sure to use extra virgin organic coconut oil. Implementing this practice into your wellness routine is a great way to improve your overall health. For more information, simply Google search “oil pulling”.

---

**12 Days of Fitness Winner**

Michael Hugh

This past December we did our annual 12 Days of Fitness challenge. Any Wellness Member that came and worked out at least 12 days was entered into a drawing to win a $25 gift card. Michael was our 2017 winner and earned himself a gift card to Mother’s Market! Hear what he had to say about health & fitness:

How long have you been following a consistent exercise program? Four months.
What does your exercise program/routine consist of? Weights, cardio and stretching.
What are some of your favorite exercises? The elliptical.
What foods do you eat to try to stay healthy and fit? Fresh veggies and fruits, fish, and soup.
What’s one health tip or piece of advice that you would like to share with other members? Stay active for as long as you can!

That’s great advice Michael! Again, congratulations!
Golden Age Dentistry

Do you have painful teeth, broken teeth, or missing teeth?

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Are your existing dentures loose, ill-fitting, or broken?

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Call today for a visit!

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Perm: $35 (regular $40)
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Highlight: $40 up

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Sat: 9am-6pm
Sunday Closed
714-840-8997
Walk-Ins Welcome

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BEHAVIORAL HEALTH  •  ORTHOPEDICS  •  STROKE CARE

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Huntington Beach Hospital
Member of Honor Roll
Transportation Services (714) 374-1742

Senior Services provides transportation each weekday, from 8:30 a.m. to 4:30 p.m. to Huntington Beach residents 60+ for all their transportation needs within 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 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 shopping trips. For more information ask the dispatchers.

Transportation appointments fill quickly. Please give as much notice as possible. 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.

Call between the hours of 9:00 a.m. and 3:00 p.m. to schedule your ride. New clients are registered by phone. Although there is no charge to seniors for transportation, donations are appreciated. Transportation services are made possible through a grant from Hoag Hospital.

After Hours Transportation

For transportation needs outside the regular hours of Seniors On the Go consider using the OCTA Access bus program. For an application or questions about the program, contact OCTA at 714-560-5956 or www.octa.net

Servicios de Transporte (714) 374-1742

Servicios Para personas mayores provee transporte cada día de la semana, de las 8:30 de la mañana hasta las 4:30 de la tarde, para residentes de la ciudad de Huntington Beach que tienen 60 o más años. Nuestro departamento cubre toda la transportación entre los límites de la ciudad de Huntington Beach, además, van a la oficina de Seguridad Social en la ciudad de Fountain Valley. El servicio de transporte Surf City Seniors on the Go! trae adultos mayores a Senior Center para el programa de almuerzo SeniorServ, clases y actividades. Transportacion medical también esta disponible para Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital y Orange Coast Memorial Medical Center. Los vehículos son accesible para personas con sillas de rueda.

Un acompañante voluntario esta disponible para dar asistencia adicional con sitios y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompañante.


Llame entre las 9:00 de la mañana y las 3:00 de la tarde para reservar su transportacion. Clientes nuevos pueden registrarse por teléfono.No hay costo para ancianos para transportacion, pero se aprecia donaciones para soportar este programa.Servicios de transportacion son posibles con la ayuda de una donacion de Hoag Memorial Hospital Presbyterian.

Remember

Daylight savings time will begin On Sunday March 11th. Don’t forget to spring ahead 1 hour and reset all your clocks. You don’t want to miss your rides the next day.

Transportation Correspondence !!!!

The transportation department loves to hear from its riders. If you enjoyed your trip with your driver or your grocery shopping escort, please feel free to drop them a line and let them know how they are doing or how to serve you better. Comment cards are available in each vehicle or if you would like to send a personal note you can drop it off with any driver or mail it to the Senior Center Attn: Transportation Dept.

18041 Goldenwest St.
Huntington Beach, CA 92648
**Surplus Food Distribution**
Friday, March 9th, 1:00-3:00 p.m.
(While Supplies Last)
**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 your income.

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**Road Scholar Presentation**
March 9th at 1:30p.m.  
EMG 1
Jill Swaim will give a history of the Elderhostel Program which is now called Road Scholar. For 43 years, Road Scholar programs have expanded to encompass an extraordinary range of subjects and locations in every state of the U.S., the provinces of Canada, 150 countries around the world, and aboard vessels that transverse rivers and seas. Road Scholar offers programs in almost every area of interest. Whether you enjoy hiking through the Grand Canyon, birding in Costa Rica, or rebuilding homes on the Gulf Coast, there is something for everyone. The audience will hear about these programs that attract many people who never want to stop learning. Sign up at the front desk.

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**HBReads Event & Film Screening**
HBReads is a literacy project that selects a book yearly which the community can come together and experience as a group. It strives to inspire the community and students alike to read, think and discuss. This year’s book is “Etched in Sand” by Regina Calcaterra.

On March 6th
6:30p.m.-8:30p.m.
The Senior Center in Central Park will host a lecture continuing the narrative of this project with a screening of the lifetime movie, “Homeless to Harvard”. The film recounts the struggles of a homeless youth pursuing her dreams and hopes to escape her prior life and unfortunate circumstances through perseverance and dedication to her goals. For more information please contact the front desk at (714) 536-5600.

---

**Mark Your Calendar!**
Spring Class Registration
Tuesday, March 6th @ 9:00am
In person or online at HB Sands.org
A Thank You to Our Female Volunteers!

Dear Volunteers and Visitors,

The month of March is dedicated to National Women’s History. I would like to take this time to thank all our great female volunteers that have served our local seniors. They welcome visitors at the Concierge Desk. They shuttle local residents throughout Huntington Beach. Knit stylish scarves or practical pot holders. Serve daily lunches to the tables or bring meals to the doorstep. Some even serve the Huntington Beach Council on Aging as assistants or on their board. Many of the volunteers that you currently see at our new senior center came over from our previous home at Roger’s Senior Center.

Over 25 years of successful classes, events, fundraisers and services at both Rogers Senior Center and the Senior Center in Central Park is in part related to all our wonderful volunteers!

Thank you for your service ladies!

Volunteer Appreciation Lunch

Saturday, April 28th
The Senior Center in Central Park and the Volunteer Appreciation Committee are planning a great celebration for active volunteers with 40 or more hours of service in 2017. Mark your calendars! This will be a great event for our amazing volunteers.

Tuesday, March 6th: 9am-12pm

Volunteer Opportunities

- Tuesday Movies (Popcorn Maker) Tuesdays, 1:30-2:00
- St. Patrick’s Day Luncheon 3/16/18
- HBCOA Shredding Event Saturday 4/14/18
- HBCOA Spring Fling Dance 4/20/18
- For more details, contact Kathy Pace.

HBCOA Outlook Mailing
Thursday, March 22
8:30-11:00
Donuts & Coffee provided! Bring a Friend!

Food Distribution
2nd Friday, March 9th, 1 - 3pm
Volunteer Packers: 12 - 1pm
Registration Volunteers: 1 - 3pm

Remember
Daylight Savings time starts
Sunday March 11th

Protect Yourself and Family from Fraud.

Older adults are often targets of scams and can learn how to protect themselves and others from this kind of exploitation. Keeping connected with friends, family and community services is a good way to ward off isolation and decrease risk. Seniors are targets of fraud for the following reasons.

- Most likely to have a ‘nest egg,’ own their own home, and have good credit
- Those brought up in the 1930-1950s were raised to be polite and trusting
- Are less likely to report fraud because they are embarrassed or ashamed
- May not be aware they have been swindled for months after the event
- Can be more isolated and therefore susceptible to a ‘friendly’ caller or visitor
- Susceptible to products promising increased ability or ‘free money’ scams

Telemarketing Scams

Those who are 60+ are especially targeted by people selling bogus products and services by phone. Telemarketing scams involve offers of free prizes, low cost health products and vitamins, low cost vacations and home repairs. The best defense is not to do business over the phone or talk to strangers by phone. Tactics using the following type statements are common.

- Act now or the offer expires
- Won a free gift, vacation or prize but you have to pay postage or handling or other costs
- You can’t afford to miss this high-profit, no-risk offer
- We will send someone to pick up the money
- Provide your financial information over the phone

To report fraud call your local Adult Protective Services at 1-800-451-5155 and the US Senate Special Committee on Aging Fraud Hotline 855-303-9470. info from: www.fbi.gov/scams-and-safety/common-fraud-schemes/seniors

Need Consultation on a Legal Matter?
30 minute legal consultation appointments with experienced and professional volunteers available to HB residence 60+. Lawyers provide information, direction, education & referrals on various topics including but not limited to: Wills and Trusts, Powers of Attorney, Health Care Directives, Restraining Orders, Housing, Consumer & Debt Issues. Call Travel & Resource at 714-374-1572.

Lifelong Secular Recovery Support Group: Peer-to-peer, non 12-step support for abstinence-based recovery from alcohol & drug use. Meetings are in the Travel Resource Room, Thursday’s 7-8 pm. More information at www.lifering.org or email ocliferiting@gmail.com

Dementia Caregiver Support Group
1st & 3rd Tuesdays, 6-30pm. Learn coping strategies and gain support while caring for a loved one. Call Ellie 714-642-9458 or Tina 714-856-3909 for more info. Sponsored by:

Alzheimer's Orange County