

# The Mighty Oak

Santa Clarita Valley Senior Center

## Board Member Spotlight: Barbara S. Cochran

by Marv Roter

The Santa Clarita Valley Senior Center has enjoyed the efforts and friendship of Barbara Stearns Cochran from its beginnings in 1979. She and husband, Russ Cochran, wrote the original funding grant. They were working with a number of seniors interested in establishing a center where older and retired men and women could go for recreation, meals, crisis counseling and even medical help. Through the years she has served tirelessly for the Senior Center and on many service committees in many organizations in this community.

Barbara's volunteer efforts began in 1973, have continued to the present, and brought recognition in several areas: 1983 SCV Chamber of Commerce "Woman of the Year," 1990 Soroptimist Women Helping Women Award, 1992 Zonta Outstanding Woman of the Community Award, 2003 Child and Family Center Volunteer of the Year Award, 2008 Zontian of the Year and many more. She has volunteered for the Boys & Girls Club in many capacities for 38 years--board member, Auction and many other areas. She has been a member of the Zonta Club of Santa Clarita since 1986.

More recently she has been involved with the in the Senior Center Wine Auction in many capacities including co-chairing the event for several years and has been involved for many years in the Celebrity Waiter Dinner. Now, you will hear her on KHTS AM 1220, co-hosting The Senior Hour, Wednesdays from 11 a.m. to noon. Guests discuss topics of relevance to the growing senior population in Santa Clarita.

Barbara was born in England to parents who served King Edward VIII who abdicated the Throne. Her mother was a "Lady in Waiting" and her father was personal valet to the King. The war ended their employment and her father joined the Royal Navy. These were frightening years of World War II for the family. Many times during the war years, Barbara and her mother and brother, David, were evacuated to Northern England to escape the relentless bombing. While serving in the Royal Navy, her father's ship was damaged and towed into Charleston, South Carolina, where he met many friends. After the war, he returned home and in 1947 those friends sponsored her father, and the family came to America.

Barbara married in 1958, had three children: Diedre, Chuck (who passed away in 1985) and Scott. After divorcing in 1973, she opened a secretarial service in her home. This gave her spare time and she began volunteering in the community. She met Russ in 1975 and they married in 1996. Barbara and Russ enjoy travelling and have visited over a dozen countries including, England, Scotland and Wales. She also enjoys spending time with her six grandchildren and one great grandchild, with another on the way.

She is an icon in the Santa Clarita Valley community, a statuesque lady of grace and charm. At any of the events where you might meet her, she is an immediate friend with a smile that warms an entire room.



## Health Education & Wellness Schedule at The Center

April 2012

**Free Lectures: Held on Wednesdays from  
1-2 p.m. in activity rooms A-1 and A-2**  
(unless otherwise noted)

April 4: "Medicare and Health Care Reform," presented by Sandra Risdon, Program Manager for Health Insurance Counseling and Advocacy Program (HICAP), which provides free and objective information and counseling about Medicare. (Note: The California Department of Aging administers this volunteer-supported program.)

April 11: "Spine and Joint Surgery at Henry Mayo Newhall Memorial Hospital," presented by Pam Geyer, R.N., Henry Mayo Spine and Joint Program Clinical Navigator.

April 18: "A Panel of Experts to Help You," presented by Professionals Helping Seniors - Santa Clarita Alliance. Experts are from a variety of specialties including: home care, hospice, aging, financial, senior living, exercise, audiology, and more. Attendees are encouraged to bring in questions. Refreshments provided.

April 25: "Free (and Pain-Free) Osteoporosis Screening Utilizing the Feet," presented by Facey Medical Group. These painless tests help determine bone density and if you are at higher risk for serious bone fractures which are leading cause of death in seniors 65 and older.

## Free Health Clinics

Blood Pressure: Testing by nurses every Wednesday from noon to 1 p.m. in room A-6 (off dining room). Very important testing for seniors with hypertension, cardiovascular/kidney problems, history of stroke and more.

*Continued on page 2*

## Welcome To Our Nine New Board Members!

by Kathy Crone, Executive Director



Oscar Dominguez

"Don't bunt. Aim out of the ballpark!" Think big! While there's also something to be said for having realistic expectations about what you can achieve, there's nothing wrong with having big dreams and aiming to make them a reality. That's exactly what the SCV Senior Center Foundation has always done. Part of being successful is having a good team and we have now expanded our "Team" to include nine new Trustees.

**Oscar Dominguez**- Vice President/Manager of Union Bank Newhall & Stevenson Ranch has been a long time SCV resident and supporter of the Senior Center Foundation. Union Bank has been a dedicated sponsor at all of the SCV Senior Center Foundation's fundraising events and can usually be spotted bringing sweet treats for our seniors for special events! Oscar has been extremely involved with other local non-profits such as SCV Artist's Association, Boys & Girls Club, and COC Foundation.

**Darlene Gandara** - National eHealth Business Operation Manager, Kaiser Permanente. Darlene is very involved with the Soroptimist International of SCV

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and GSCV was as an Auction Co-Chair and fundraiser committee chair for Crespi Carmelite High School. Darlene has been a long time resident and supporter of the SCV Senior Foundation and her husband Robert Gandara was our third place winner in last year's Dancing with Our Stars charity fundraiser!

Darlene Gandara

**Mark McCorkle** – Lieutenant with the Los Angeles Sheriff's Department and is a 20-year resident of the Santa Clarita Valley. In addition to his work with the Senior Center Foundation, Mark is an executive board member for the Final Leg Torch Run for the 2015 Special Olympic World Summer Games to be held in Los Angeles. He is also very active with GRANDS (Giving Respect and Nurturing to Deserving Seniors) and is a past president for both the Saugus and Valencia high school football booster clubs.

**Mike Peluso** - Business Development Officer, Lockheed Federal Credit Union. Mike has been a resident of the SCV for seven years and is on the Education Committee for the Valley Industrial Association. Mike brought his entire family with him to serve Thanksgiving dinner at the Senior Center and delivered Home Delivered Meals. Mike also partnered with Marilyn Cevita of Lockheed Federal Credit Union to fulfill the "Wish list" for the Center's Adult Daycare! Mike was also crowned "Celebrity Waiter of the Year" this past February!



Mike Peluso



Judy Penman

**Judy Penman** – Judy has lived in Santa Clarita since 1989 and has been volunteering since she arrived. She has been active in many organizations including: the Boys & Girls Club, where she was honored as volunteer of the year in 2007; ACA; AHA; active in Zonta since 1991, including residing as Zonta President two times; she is currently the president of Circle of Hope and has been for the past three years; she just joined the Child and Family Center's auxiliary board; Canyon Country Questers and Assistance League as well as the Senior Center Foundation. Since Judy retired six months ago, from the U.S. Department of Labor, Employee Benefits Security Administration, she continues to help those who need assistance in our community. Judy is thrilled to be a new member of the "Trips and Tours" team and enjoys working with the dynamic men and women behind that desk helping plan trips for our seniors. Judy plans to get involved in HICAP since health insurance is her expertise.

**Tina Reed** – The Los Angeles County Sheriff's Department. Tina lives in the Santa Clarita Valley and has a strong desire to give back! Tina has volunteered whenever asked. In her first board meeting, she was quick to sign up for new challenges. Her strong leadership, organizational skills and drive to help will be a huge advantage for the Foundation!

**Greg Spencer** – Vice President with California United Bank. Greg has lived in Santa Clarita since 1971. Greg has a strong desire to make positive changes in the lives of our seniors. His strong financial background will be an asset for the finance committee. Greg also volunteers his time with Carousel Ranch.

**Brenda Tumasone** – Packaging Systems Inc. is a long time resident and has worked on many community events as a volunteer. Brenda came to us originally as a Home Delivered Meal driver and then took on the task of creating and packaging over 100 shoeboxes of blessings for our seniors and more recently joined the Celebrity Waiter committee.

**Vladimir Victorio** – Wells Fargo V.P./Senior Private Banker. Vladimir has been a SCV Resident for 14 years where he has been very active working with Santa Clarita Valley YMCA, City of Santa Clarita, Newhall Redevelopment Committee, City of Los Angeles – Mayors Office, Small and Local Business Advisory Committee, Santa Clarita Valley School and Business Alliance, Latin American Civic Association. He enjoys living and working in Santa Clarita and is excited to be on the Board.



Vladimir Victorio

Every great team recognizes greatness in each person and the value they add. Each of our board members make us stronger and lead us to new opportunities and expand the community of people who care about our seniors and are willing to work hard for them and devote their time!

Save the Date!

**SUMMER SHOWDOWN AT THE TPC**

Monday, June 18, 2012  
Shotgun Start 9 a.m.

Presented By  
**LOCKHEED**  
FEDERAL CREDIT UNION

Santa Clarita Valley Senior Center Foundation  
Improving Quality of Life for Our Seniors

Health & Wellness continued from page 1

**Audiology (hearing):** On Wednesday April 11 from 11 a.m. to noon, Audiology Services of Newhall/Audiologist Randall Bartlett will provide hearing exams in the Supportive Services modular. Primarily for persons who do not wear hearing aids; all hearing-related questions welcome.

**Diabetes (blood sugar):** To Be Announced

**Podiatry (foot health):** No foot clinic in April however there will be podiatry screening on Thursday, May 3, from 11 a.m. to noon in Supportive Services. Exams do not include nail or callus cutting.

For further information about the lectures and clinics please call 661-255-1588. The SCV Senior Center is located at 22900 Market Street in Newhall.

## Congratulations March Pool Tournament Champions!



**First Place:**  
**Severo Aggarao**

**Second Place:**  
**Nick Koulox**

**Third Place:**  
**Gay Engle**

**The Mighty Oak**  
Santa Clarita Valley Senior Center

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## Ongoing Classes At The SCV Senior Center

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis. Most activities are for adults 18 and over. For more complete information, please call the Center at 661-259-9444, or visit our web-site at [scvseniorcenter.org](http://scvseniorcenter.org)

### Exercise Programs

- **Aerobics** – Mon., Wed., and Fri., 8:30–9:30 a.m., Dining Room, \$4 or \$30 monthly
- **Arthritis Foundation Exercise Program** – Wed., 10:20–10:50 a.m., Dining Room, \$1
- **Chair Exercise** – Mon., Wed., and Fri., 9:45–10:15 a.m., Dining Room, \$1
- **Pilates/Yoga** – Thurs. 3:30 – 4:15 p.m., A1 and A2, \$10/class or \$28/month
- **T'ai Chi Ch'uan** – Tues., Thurs., 8:30–9:30 a.m., Sat. 8:30–10 a.m. Dining Room.  
Tues. and Thurs., 3–4 p.m., Dining Room, \$2 weekdays, \$5 Sat.
- **Qi-gong** – Fri. 1:30–2:30 p.m., \$3
- **Zumba Gold** – Mon. & Fri. 3:30 – 4:15 p.m., dining room, \$3,

### Arts & Crafts Classes

- **Art Classes** – \$40/quarter for as many classes as you like!
- **Calligraphy** – Mary Lou Carraher – Tues., 9 a.m.– noon, Rm. A2
- **Mixed Media** – Tues., Mary Lou Carraher, 9 a.m.– noon, Rm. A2  
Thurs., Peggy Patti, 9 a.m.– 12 p.m., Rm. A2
- **Needlework and Crafts** – Mon., 9 a.m. – noon, Rm A2
- **Oil Painting** – Tues., Peggy Patti, 6:30–9:30 p.m., Rm. A3  
Wed., Olga Kaczmar, 9 a.m. – noon, Rm. A1
- **Watercolor** – Tues., Peggy Patti, 6:30–9:30 p.m., Rm. A3

### Dance & Music

- **Ladies Glee** – Thurs., 3 p.m. – 4:30 p.m., Bouquet Canyon Senior Apts.
- **Line Dance** – by Ramona Thomas, Mon., 2–3 p.m., Dining Room, \$3
- **Line Dance** – by Helen Walker, Tues and Thurs, 9:30–10:30 a.m.,  
Dining Room, \$3
- **Line Dance** – by Marie Del Georgio, Wed., 6–7:30 p.m., \$6
- **Mens Glee** – Fri., 9 a.m. –10:30 a.m., Bouquet Canyon Senior Apartments
- **Orchestron** – Mon., 3:30 – 5 p.m., Bouquet Canyon Senior Apts., free
- **Silvertone Singers** – Mon., 1:30 – 3 p.m., Bouquet Canyon Senior Apts.
- **Swing Jazz Club** – 4th Sunday 1:30–5 p.m. Dining Room
- **Tap Dance** – by Mary Alvidrez, Tues. , 2–3 p.m , Dining Room, \$3
- **Monthly Community Dance** – 3rd Sat., 7 – 10:30 p.m., Dining Room, \$5

### Educational & Technical Training

- **Archaeology & Anthropology** – Tues. , 9:30–11 a.m. , Rm. A1 free
- **Computer Training** (Beginning, Intermediate, Advanced in Windows and Mac) Call the center for information: 661-259-9444
- **Computer Training for the Visually Impaired** – Mon., 11:30 a.m–2 p.m., Rm. A3. Fri., 12–2 p.m., Rm. A3
- **Creative Writing** – Tues., 1–3 p.m., Rms A1 and A2, • Wed., 12:30–2:30 p.m., Supportive Services.
- **Ham Radio** – Weds., 3–5 p.m., Rm. A2, free
- **ZoomText Computer Tutoring for the Visually Impaired** – Th, 1:30 - 2:30, Rm A5, free

### Personal Development


- **AARP Drivers Safety** – Monthly, Rm A1 & A2, call for dates
- **Current Events Discussion Group** – Mon. , 10 – 11:30 a.m., Conference Rm. Supportive Services, free
- **Live, Laugh, Love** – Fri., 1–2 p.m., Rm. A2, free
- **Positive Thinking** – Thurs., 2–3 p.m., Rm. A4 & A5, free

### Recreation & Leisure

- **Bridge** – Mon. & Tues., 9 a.m. – 1 p.m., Rm. A1
- **Duplicate Bridge** – Tues, 6:45–10 p.m., Dining Room
- **Canasta** – Mon., 1–4 p.m., Rm. A2
- **Chess Club** – Fri., 2–4 p.m., Rm A4
- **Pinochle** – Wed., 2:3–4:30 p.m., Rm A-2
- **Food Bingo** – Fri. , 10:30–11:30 a.m., Rm. A1, free
- **Senior Cinema** – 2nd Wed., 2 p.m., A4 & A5, \$1
- **Wii Games** – Tues. & Thurs., 1–3 p.m., A6, free

For a complete schedule of events and activities visit: [www.scvsc.org](http://www.scvsc.org)

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## The Golden Pen Writers' Guild

### Lifetimes Love

by Jane Hills



I was there in a moment of a great love that filled the air, the French plateau, the silence of the soulful trees at night, the feeling of mystery in the air of

a great love.

Old movies can capture the richness, the immensity known by all on Earth 200 to 300 years ago.

There was grandeur that I yet know – the feeling of refinement and elegance and a beauty. No poverty, no struggle to survive. It was with us - the security of money. It was being waited on, secure in a man's love that cared for and protected us. It was the mother who picked me up and with eyes filled with pride and dazzling glory threw me in the air with delight. - Such a joyful pride at such a delightful child in such grandeur and love supreme.

That was my love for my children, as I had known. That was past lifetimes as well as the present lifetime – a love known by us in many cultures and times.



Jane's oldest son, Rick



Jane Hills—18 months



### Someone

by Ricardo Ali Fernandez

When I'm alone I often talk to Someone—someone who isn't there. Alone doesn't mean no one else is around. There may or may not be anyone near. It often just means I am alone in my thoughts. Perhaps I'm doing some mundane task.

"Where are you?" I may hear this invisible

Someone's voice.

"Hi, I was hoping you would show up," I might respond.

About 10 days ago Someone said, "What's going on?"

"I'm loading the dishwasher."

"What dishes are you putting in first?"

"The little plastic containers. I put them on the top," I said out loud.

Just then my 32 year-old daughter walked into the kitchen. I clammed up. My thoughts began to race. *What if she heard me? What will she say? Will she tell her mom that Daddy has gone crazy? Will my wife send me to the psychiatrist? Will I have to take some more of those awful pills? Will I end up in a mental ward again?*

My daughter didn't say anything. In her right ear I noticed her I-Pod earpiece. She hadn't heard me. Worry left me faster than I could blink. After getting a glass of water, my daughter went back to her room.

Alone again—am I glad I have a friend when I'm alone—and in a good conversation with Someone.

### My Safe Place

by Pat Kraetsch

A loving stream nestles in a beautiful ring of mountains. Crisp, cool water flows over and under rocks of all shapes and colors. The rocks are old, smoothed and rounded without any sharp corners.

The sun touches down, dances off and illuminates the rustling water.

Glints of silver and white light peek through the branches above.

Clouds overhead vie for my attention but cannot tempt me from being drawn wordlessly to this cool, swirling, mesmerizing flow.

I sit all the way down as the stream tumbles down a gentle slope toward the sea.

I become one with the rushing liquid elixir.

It is just me. I am water, rocks and sky.

I leaned all the way back until the water envelops my entire body, cradling and caressing me. My hair floats on the surface and bobs up and down, gentling percolating. Unseen fingers massage my scalp.

I hear bubbles pop and feel the steady vibration of the swirling, constant, rush.

Nothing can lure me from this liquid heaven that gentles my heart and restores peace.

Although I was there but once, I return to this place again and again seeking solace and a quieting of my troubled, turbulent soul.

This was a gift.



### Overlooked Forces Around Us

by William Tozzi

There are forces in our universe that are hard to visualize because they can be overlooked and require more than eyes.

These forces are what shape our lives. Their energy guides and controls all of the things that are happening in our minds, bodies, and souls.

These are unseen entities that are with us on all occasions. They're ones that surmount obstacles and help solve life's equations.

At times they take on human forms to provide us with assistance, then unexpectedly disappear into the dark or distance

Call them cosmic bodyguards, label them celestial sentries. Their influence is all around, as well as their energies.

They're ones we might not expect, guardian angels, they are named. Watching over us unseen, their existence is seldom proclaimed.

They necessarily won't have wings as in artists' illustrations. So they appear quite differently, outside of our expectations.

Because they are beyond belief doesn't mean they don't exist. We should not scoff or ridicule to have these ideas dismissed.

We're never alone in this world so we should never feel forsaken. There are these forces all around to keep us secure and unshaken.

© December 2011

### A Springtime Vigil

by Ann Mercadante

From my window I could see him,  
Keeping vigil through the Spring,  
Saw him lift his face to Heaven,  
Open wide and start to sing.

First the tones were sharp and piercing,  
Arrows aimed at Heaven's dome.  
Then the notes grew soft and somber,  
Prayers to bring his sweetheart home.

Oh, I wanted so to hold him,  
Help to sooth away the pain,



Tell him to be strong and patient,  
Time would bring her home again.

And if not, I would have urged him  
Fly above the bleak and narrow,  
Given words to send him soaring,  
But I never could speak Sparrow.



## The Mountain Top

I climbed a mountain oh so high.  
It almost reached up to the sky.  
I didn't cry, I didn't complain  
for it was important in spite of the pain.

The hazards were many but I didn't stop  
and finally reached the mountain top.  
At last, as I stood upon the peak,  
I found the goal I did diligently seek.

The scene I gazed upon was grand  
with valleys and lakes all over the land.  
They looked like a lovely kaleidoscope,  
of colors so greatly beyond the scope

of anything I had ever seen before,  
it was as if the angels had opened the door  
of heaven and there before my eyes  
was what I had sought – the battle's prize.

I climbed that mountain – it was hard to do,  
but finally my goal came into view.  
I know it happened with help from above.  
My reward was finding everlasting love.

by Alexandra Tozzi  
© January 2012



## Springtime

by Sandi Cates

Springtime is my keeper  
On a rainy cloud day  
Thoughts of blooming flowers  
In my garden by the bay

Fox gloves reaching  
For the sun  
Clusters of dew drops  
Becoming one

Roses emerging  
From cozy sleeping beds  
Quietly blossoming  
Bouquets of red

Baby daffodils springing to life  
Garden of beauty, garden of light

The is the image  
When dreaming in May  
Inside my sanctuary  
By the bay



Girl Scout Troop 3742 brings birthday cheer! Celebrate the month of your birthday with balloons, beads, and ice cream! Upcoming monthly celebrations will be during lunch on Friday, April 6; Friday, May 25; and Friday, June 15. Thank you, Troop 3472, for making our birthdays so special!

## SCV Senior Center Adult Day Care Join "THE CLUB"

Wide variety of Activities including:

- Arts & Crafts • Music • Dancing Exercise
- Games • Current Events • Discussion
- Safe Nurturing Licensed Program • Receive Personal Caring & Qualified Assistance with the Activities of Daily Living
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## Get Your Copy Now!

The SCV Senior Center's very own Golden Pen authors have published a book! This year's Celebrity Waiter Dinner Event featured the books available for purchase, \$5.





## April 2012 Calendar of Events

**Thurs., April 5, 12, 19, 26, 3 p.m.** – City of Santa Clarita Farmers Market.

**Sat., April 14, 10 a.m.** – Earth/Arbor Day Free Event at Central Park in Saugus.

**Sun., April 15, 1 p.m.** – SCV Blues Jam at Vincenzo's Pizza on Lyons Ave.

**Wed.-Tues., April 18-24** – The Santa Clarita Artists' Association and Union Bank are co-sponsoring an Art Show. Opening night on Fri., April 20 from 6:30 to 8 p.m. with beverages and refreshments will be served, along with musical entertainment and the public is invited to meet the 25 artists and sculptures who are exhibiting. The Union Bank reception will be at 23620 Lyons Ave, Newhall. For more information on SCAA, visit [santaclaritaartists.org](http://santaclaritaartists.org) or call 661-244-7689.

**Thurs.,-Sun., April 19-22** – SCV Cowboy Festival. [www.cowboyfestival.org](http://www.cowboyfestival.org)

**Sat., April 21, 6:30 p.m.** – Sweet Charity Cake Auction benefitting SCV Youth Project, located at TPC Valencia, 26550 Heritage View Lane.

**Sat., April 28 3 & 7 p.m.** – Wartime Romance, A Time to Remember. Acclaimed patriotic production about a World War II (WWII) love story. SC Performing Arts Center

### Don't Miss This Month's Movie

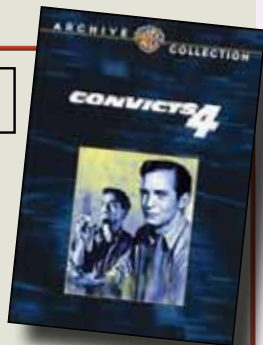


Wednesday, April 11 at 2 p.m.

### CONVICTS4

Starring: Ben Gazzaro

The movie is based on John Resko's life between 1931 and 1949, the time he spent in prison for shooting a shopkeeper. He was released partly due to a special talent he developed while incarcerated. Mr. Richard Beekman was also in the movie. He will be at the movie night to narrate and give us an inside look as to how the movie was made.



## AARP Driver Safety Classes at the SCV Senior Center

An eight-hour AARP Driver Safety Class will be offered through two consecutive four-hour sessions on Friday April 20 from 1-5 p.m. and Saturday, April 21 from 8:30 a.m. to 12:30 p.m. at the Santa Clarita Valley Senior Center.



Covering the "Rules of the Road," the classes promote safe driving and help older drivers maintain their mobility and independence. Certification of completion qualifies participants 55 and older for a three-year automobile insurance credit.

Pre-registration is required to attend classes. Fees: AARP Members: \$12; Non-Members: \$14. Class size limited to 30 participants. Full attendance required for DMV certificate for insurance reduction. Bring current driver's license. Classes are held in activity rooms A-1 and A-2. Register at the SCV Senior Center, located at 22900 Market Street in Santa Clarita or call 661-259-9444.



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107293 3rd Rev

## Happy Birthday!

The staff and residents of the SCV Senior Center want to wish a warm Happy Birthday to Board Members John Lutz on April 22, Chris Carpenter April 23 and Mike Peluso (aka Captain America) on April 24.



## Braille Mobile Solutions Van

The Braille Mobile Solutions Van is a service provided by the LA Braille Institute for those who are unable to travel to the Los Angeles Center. The Braille Mobile Solutions Van will be at the SCV Senior Center on Tuesday, April 17 at 10 a.m. The BMSV has a Low Vision Consultant who will find the right magnifier for you, which will allow you to read magazines, bills, and anything else that may interest you. The BMSV will also have Visual Aids for sale.

If you are interested in an appointment please call John Taylor or Joanie Howell at 661-259-9444.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1



Stuffed Peppers

2



Chicken Dijon

3



Hot Roast Beef Sandwich

4



Swiss Steak

5



Fish Creole

6

7

8

9

Spaghetti  
w/Meatballs

10



Chicken Jambalaya

11



Sloppy Joes

12



Hawaiian Chicken

13



Potato Crusted Fish

14

15

16



Teriyaki Chicken

17

BBQ Pork  
Riblet Sandwich

18

Chili Egg Puff  
w/Spinach

19



Beef Taco

20



Baked Fish

21

22

23



Pork Chop

24



Chicken Parmesan

25



Meatloaf w/gravy

26



Ho Bo Stew

27



Lemon Dill Fish

28

29

30



Vegetable Lasagna

APRIL BIRTHSTONE  
DiamondAPRIL FLOWER  
Daisy / Sweet Pea

Note: Menu is subject to change without notice.

## Menu for April 2012

### Harmonic Bronze Handbell Ensemble to perform at SCV Senior Center

The Harmonic Bronze Handbell Ensemble will perform at the SCV Senior Center on Saturday, April 21 at 1 p.m. Donations accepted at this unique concert will benefit the Senior Center's Home Delivered Meal program, a volunteer-based program that delivers more than 200 meals per day to homebound seniors and disabled adults. These immensely talented high school students have been featured at the Dorothy Chandler Pavilion and on KCET. To get a glimpse of the special talent that these young adults are bringing to the SCV Senior Center, go to <http://www.youtube.com/watch?v=ezUXzy4lffQ>.

The SCV Senior Center is located at 22900 Market Street in Santa Clarita. Please call to reserve a set for the concert, as seating is limited at 661-259-9444.

**Register Now!**

Cut out the registration form below and mail it to:  
SCV Senior Center, 22900 Market Street, Santa Clarita, 91321

<b>Caregiver Resource Day REGISTRATION</b>		<b>Registration Fee \$5.00</b> Includes all sessions, resource material, vendors, and continental breakfast.	
Name _____ Address _____ City _____ State _____ Zip Code _____ Phone _____ Fax _____ Email Address _____		Method of Payment <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Am Ex Credit Card # _____ Exp. Date _____ Signature _____	
<b>1 Registration form per guest, please form may be duplicated</b>		<b>Please make checks payable &amp; send to:</b> Santa Clarita Valley Senior Center 22900 Market Street Santa Clarita, CA 91321	

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## Sacrifices Our Disabled Veterans Make

by Harry Gratz



It's a pretty painless way to repay our disabled veterans for the pain they've endured for us. Some still never know a day without it. Disabled veterans from Canyon Country and across the United States gave up an honest life for

one with draw backs of handicaps, from missing arms or legs to blindness or paralysis.

Are you one of those people who wouldn't let our fallen warriors be forgotten? A person who wants them to have a decent life with some measure of dignity. Are you one of those Americans that care?

In wartime they said yes, when their country asked them to fight and they ended up paying a terrible price for their patriotism, our freedom.

## Four-Legged Friends



Therapy Pups Lend a paw-ful of love for seniors

is a three year-old rescued Shitsu. Fergie is a "Heinz 57"... take your best guess on just what she is! Cosmo is a Maltipoo... yes a combination of Maltese and Poodle! Tonka is a Jack Russell terrier, like the dog in the television show *Frasier*. And beautiful, soft Oggie is a rescued Border-Collie mix.

These precious pups bring smiles and cheer. Their breeds and backgrounds are quite different, but they all so thoroughly look forward to their visits at the Senior Center! Look for them each "second and fourth" Thursdays, in the late morning.

Reach down on a Thursday morning, and you just might encounter a soft coat, wet nose, and wagging tail! Meet Oggie, Nudel, Skippy, Sophie, Tonka, Fergie, and Cosmo!

These are our fabulous and friendly doggie visitors, who come to see us twice each month with their "moms" and one "dad". These lovely dogs are certified by Therapy Dogs Inc., which demonstrates their training and service as visitor volunteers. Our canine guests range from tiny fluff ball Pomeranian Skippy to lean and graceful Doberman Nudel. Sophie



Santa Clarita Valley Senior Center

## Caregiver Resource Day

A day for family caregivers to get the information and support they need.

### Featured Speakers:

#### The Latest Research in Aging and Alzheimer's Disease

Helena Chang Chui, MD  
Director, USC Alzheimer's Disease Research Center

#### Coping with Caregiving

Rachelle Dardeau, MS, MSW  
Executive Director,  
Santa Clarita Valley Senior Center

#### Protecting Your Assets AND Your Independence

Jane M. McNamara  
Elder Law Attorney



Registration fee of \$5 includes all sessions, resource materials, access to vendors, and continental breakfast. Make your reservation early; seating is limited.

For more information, please call (661) 255-1588 and ask for SuzAnn.



Saturday, May 12, 2012  
8:30 a.m. to 1 p.m.

SCV Senior Center  
22900 Market Street, Santa Clarita, CA

### Caregiver Resource Day REGISTRATION

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
Email Address \_\_\_\_\_

1 Registration form per guest, please  
form may be duplicated

#### Registration Fee \$5.00

Includes all sessions, resource material, vendors, and continental breakfast.

#### Method of Payment

☐ Check ☐ Visa ☐ MasterCard ☐ Am Ex

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3-digit security code \_\_\_\_\_

Signature \_\_\_\_\_

You can fax your registration & credit card payment to: (661) 255-6069

Please make checks payable to & send to:  
Santa Clarita Valley Senior Center  
22900 Market Street • Santa Clarita, CA 91321

## Hope in Action!

by Tess Carlos



Entire villages were washed away when tropical storm Sendong whipped Southern part of the Philippines in early hours of December, leaving a trail of flattened homes, broken bridges, suspended vehicles, lives lost, hundreds missing in the poverty stricken cities in the Philippines.

While those among us are likely to have the best in life, we still recognize this moment calls for everyone to demonstrate solidarity and generosity. The Filipino



42 boxes of donated goods

community launched a project to help their countrymen. I initiated collecting donations from the community that included non-perishable food items, clothing, shoes, medicines, and other items. Owners of a local Filipino store and restaurant, Leo and Emie Carillo volunteered their stores as drop off points. Other left their donations on my front

porch. Thanks to the Tuesday Club who helped sort all donations, to WITC Cargo who shipped the boxes free of charge and to OLPH for their donations as well.

All donations were sent to GAWAD KALINGA, a non profit organization which means to "Give Care" in

Continued on facing page



# TRIPS & TOURS

## SCVSC Trips & Tours Presents Fun and Adventurous Spring Outings for All Ages



Experience the excitement of the Santa Anita Races, Thursday, April 12, Senior Bus departs 11:30 am and returns around 6:30 p.m. Cost: \$17.



Enjoy the wonders of the Queen Mary, Long Beach, with a "Behind the Scenes Tour" Wednesday, April 25, departs at 9:15 a.m. and return around 4 p.m. Cost: \$36.



Try your luck at the San Manuel Casino, Wednesday, May 9, departs at 8:30 a.m. and return around 6:30 p.m.

For a complete listing of our spectacular upcoming trips or for more information, please contact our travel assistants at 661-259-9444 x111, Monday through Friday, 10 a.m. to 1 p.m.

Continued from facing page

Filipino. It received \$5.8 million for the flood victims. Gk's vision is to end poverty in the Philippines by 2024 for five million poor families, land for the landless, homes for the homeless and food for the hungry. Please visit [www.gk1world.com](http://www.gk1world.com) for more information.



Tuesday Club volunteers, with GK leaders Tony and Marietta Pascua (second and third from right).

Gk transform slums into peaceful and productive communities. Engaging all sectors of society, mobilizing them to work together to end poverty. It gives the poor hope by providing the means to start over again. We are very fortunate to have one of the GK leaders, Tony and Marietta Pascua, residing here in SCV.

Paalam at Salamat po, (bye and thanks).

Tess

Next "Dance With Me" will be on April 21, 7 p.m. to 10:30 p.m.

## The Senior Center's Supportive Services Department

Offering counseling and support which addresses the challenges associated with aging and can be extremely helpful for seniors and adult children of aging parents.

Held in the Supportive Services modular, the weekly support groups are as follows:

**Emotional Support:** Tuesdays 10 a.m. to 11 a.m.

**Grief Support:** Tuesdays 11 a.m. to Noon

**Caregiver Support:** Fridays 9:30 a.m. to 10:30 a.m.

**Caregiver Workshops:** Fridays 10:30 a.m. to 11:30 a.m.

## LA Regional Food Bank Commodity Supplemental Food Program

Therequirementsforthe programare:Senior60yearsandolder;In-comecannotexceed:1person-\$1,174permonth2person-\$1,579 To register participant must bring: Picture identification with date of birth. Proof of income Social Security, SSI, or Pension (Bank statement, check stub, or award letter) or Medi-Cal Card Distribution is the 3rd Friday of every month 9 a.m. to 11 a.m. in the front parking lot.

## WHEN YOU NEED A HELPING HAND, DEPEND ON US TO BE THERE



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Hats off to volunteer Dorothy Katz for her hard work as the extraordinary coordinator of the NeedleCrafters Club. Dorothy initiated craft sales to bring in funds for the Senior Center. Her outreach ensures that countless wounded soldiers, premature babies, frail seniors, and cancer patients have blankets and hats made with the loving hands of our Needlecrafters. We are grateful for Dorothy Katz's extraordinary volunteerism!

**Do you have some time to spare? Find out how you can volunteer at the SCV Senior Center by calling 661-259-9444 today!**

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## You Expect Me to Do What?

by Rita Roth

On February 14, I climbed Mount Everest. Well no, I didn't really climb Mount Everest, but I felt almost as though I had conquered that mighty mountain. What I actually did was to ride the Ferris wheel on the pier at Santa Monica. I had never before been on a Ferris wheel and I thought that I would live the rest of my life without that experience. You see I am not a roller coaster/Ferris wheel kind of a woman. When my children were little, I would allow them to go on any fairground ride that they desired. I didn't want my boys to grow up to be sissies and so I put aside my fears and waved to them as they went round and round or up and down depending on the type of ride. But as for me, no thanks, my feet would stay firmly on the ground.

So why did I, at this late stage of my life decide to brave the Santa Monica ferris wheel? It came about this way. My guy friend wanted us to do something special for Valentine's Day. His suggestion was as follows, "lets go to Santa Monica for dinner, and then let's walk on the pier and ride on the ferris wheel." He started talking about this in late January. Thinking that by the time February 14th came around he would have forgotten all about it, after all he is a senior, I said something to the effect of "that sounds like fun".

Well, what actually happened is that he didn't forget. In fact as Valentine's Day grew closer he became even more enthusiastic. What could I do? I had already agreed. How could I go back on my word?

So, off we went to the beach. Our first stop was to a romantic restaurant/bar where I had my first Kamikaze. This is a rather powerful alcoholic beverage. I am not sure of its ingredients, but I can tell you that it is a potent kind of a drink.

After spending a very pleasant hour on the patio of the bar surrounded by billing and cooing young lovers, we made our way to the pier. I managed to walk fairly straight, although I must say that it wasn't that easy. Along the way we came upon a pirate. He had several performing parrots and before I knew it I was part of his act. I had parrots on my shoulders, parrots who planted kisses on my cheeks, and parrots who hung from my arms. I think perhaps the kamikaze had something to do with my willingness to be thus involved.

And then came the moment that I had been dreading. "Let's go to the ferris wheel," said my guy friend. Oh no. It was actually going to happen. I comforted myself with the thought that maybe it would be closed for repairs. But it wasn't. There it loomed, all lit up and a million miles high. My companion, seeing my agitation asked me if I was scared. "No," I answered. "I'm not scared, I'm terrified." He laughed as though I was joking and propelled me forward. We stepped inside the gondola and within moments we were moving upward and then more upward. I took a cautious look out at the ocean shimmering in the moonlight, and it was beautiful. The ferris wheel made about five turns, earthward and then back. We climbed out of the gondola, and I felt incredibly proud of myself. So while I will never scale Mount Everest or any mountain at all, for that matter, at that moment I felt as if I had.

## Visually Impaired Program

The Visually Impaired Program is expanding services beginning in April. Services include a computer training class using the Zoomtext software, which enlarges the print. Classes will be on Tuesdays and Thursdays from 1 p.m. to 2:30 p.m.

In addition, a new program is being developed called Independent Living Skills. The class will focus on practical everyday skills and will include folding money, marking ovens and microwaves, etc. This class will also consist of a discussion of current events in Santa Clarita and sales that may be taking place at local stores.

For further details contact John Taylor, the Visually Impaired Program Coordinator at 255-1588.



## Did you Know Over-watering Your Lawn Contributes to Water Pollution?

Water that runs off landscape costs residents a lot of money and adds pollutants like fertilizers, pesticides, and weed-control into the storm drain that leads directly to the Santa Clara River.

What can you do?

Adjust sprinklers so the landscape is watered, not the house, sidewalk, or street. If water runs off the lawn easily, split watering time into shorter periods to allow for better absorption. Consider bubblers, drip line irrigation or water efficient gear drive sprinklers that produce larger drops of water that are less



likely to turn to mist. Additionally, a well-designed watering system can reduce evaporation, water runoff, and prohibit weed growth, while promoting good overall plant health and a thriving landscape.

Ideas for watering more efficiently:

- Use separate valves for lawn and plant areas and group plants with similar water needs on the same valve.
- Avoid oddly shaped or narrow lawn areas (under 10 feet wide). These areas are difficult to water efficiently

and often result in excess water runoff.

- Water early in the morning to reduce the rate of evaporation.
- Turn off the sprinklers when it's raining.
- Water plants less frequently but thoroughly to encourage deep root growth and drought tolerance.

• Use a thick layer of mulch on plant beds to keep the soil cool, minimize evaporation, and prevent weed growth.

To help minimize water pollution:

- Avoid applying fertilizers, pesticides, and weed-control chemicals right before it rains or on areas prone to runoff.
- Put grass clippings, leaves, and landscaping debris in the green waste bin so it can be made into mulch.
- Plant native and drought tolerant vegetation that requires less water and care.

- Consider implementing a rain garden to help control run off.

For more information regarding water conservation and water efficiency, visit: [GreenSantaClarita.com](http://GreenSantaClarita.com).

## Arbor Day The Selflessness of Trees

Arbor Day, as it is commonly known today, is of American origin and was first observed in Nebraska, USA on the 10th of April, 1872. Now it is always observed on the last Friday in April. Arbor Day in different forms and names is now observed in more than 50 countries.



*Oak trees are majestic in their beauty.*

Arbor in Latin means a tree. The spirit of Arbor Day is to plant trees and care for them and help them grow strong. It is what we give back to nature. If we think about our ancestors, we can imagine the dependence on trees in those times. Trees were widely used for wood, fruits, flowers and the shade a tree gave. The earliest humans derived tremendous benefits from the trees. We are all obliged to trees. Can birds survive without trees?

Think of a tree. Most of the trees grow from a small seed. Let us become a little philosophical. The seed makes a tree and the tree gives so many more seeds, who in turn give so many trees and

in turn more seeds. How many trees does a seed contain? Infinite. Is this not an exciting thought? The trees stand alone on a piece of land. The roots go deep down the earth and hold the soil strongly. The tree gives leaves, wood, bark, fruits, flowers, sometimes different types of gums and shade for the tired souls. A tree gives all that it has gotten back to the animal world. In deep jungles, so many animals rest below the trees in the afternoons, and the birds make countless nests on the trees. Can one imagine the importance of trees in the ecological balance? It can not be measured. The butterflies know about that, than many of us humans.

Many of us have seen so many trees since our childhood that we never give a thought to them. Visit a desert and you will realize the blessing that are trees. The desert looks so desolate without any growth, without the trees. Where are the singing birds in a desert? Where are the fruits, the flowers, and the shade? Trees are necessary for our growth, and they tell us about a selfless life. After you plant a tree and help it grow, it asks nothing from you for its lifetime. It only gives. That is the selflessness of trees and that is how a life must be lived by all of us. Give more and expect less in return.



### Donate Your Used or Old Cell Phone to The SCV Senior Center!

The SCV Senior Center is accepting donations of used or old cellular phones. All donations should be given to the receptionist. For more information, please call 661-259-9444.

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# Celebrating St. Patrick's Day at The SCV Senior Center

