

Mark your
calendars!
Senior
Resource Fair
Thursday,
November 1
9am-Noon

Senior Center NEWSLETTER

JULY/AUG 2018

FEATURED THIS

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The Yuba City Senior Activity Center is dedicated to providing quality programs and services to seniors 50+ in the Yuba-Sutter area and beyond. Come visit us or call for more information. We are open Mon-Fri, 8am-4pm.

Meet Tanna Thomas

Yuba City Senior Commission Chairperson



I grew up in Oroville and moved to Yuba City in 1970. I worked for the Yuba Community College District for 34 years before retiring in 2010. In 2006 I was appointed by the Governor to serve on the California Community Colleges System Board of Governors and was appointed to a second term in 2008.

According to statistics, the local older adult population growth rate is three times higher than the growth rate of the population under the age of 60. After my retirement I shifted my focus to learning about the interests and needs of older adults and how I could be an advocate. I have served on the Yuba City Senior Commission for the past 5 years and am also a member of the Sutter County Commission on Aging and the Agency on Aging Area 4 Advisory Council.

The Senior Commission meets on the 1st Wednesday of the month at 9am at the Senior Center. Interested citizens are welcome to attend. If you are interested in serving on the Senior Commission, please stop by the Senior Center or visit our website for more information and how to apply.



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530-822-4608
777 Ainsley Ave



Senior Center

Senior Center
Summer BBQ
Friday, August 10
11:30am-12:30pm



Free Workshops & Events Coming Up

Digestive Diseases Workshop-Thursday, August 2 @ 11:30am

Learn ways to manage digestive diseases. Presented by Interim Healthcare.

Respite Choices for Caregivers-Thursday, August 9 @ 11am

Respite care allows caregivers to take time for themselves. Presented by Prestige Assisted Living.

Annual Summer BBQ-Friday, August 10 11:30am-12:30pm

Join us for a good old-fashioned barbecue as we celebrate the dog days of Summer! Don't miss out on this fun lunch. Sign-up by Monday, July 30. Lunch provided & prepared by the Rotary Club of Yuba City.

Alzheimer's Association Workshop: Effective Communication Strategies- Thursday, August 16 @ 11am

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Trip Sign-up Day: Thursday, September 6 @7am!

safeTALK: Suicide Alertness for Everyone-Thursday, September 6 11am-3pm

safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps. This free training is presented by Sutter-Yuba Behavioral Health. Space is limited, please call 822-4608 to reserve your spot.

Identity Theft, Protect Your Loved One-Thursday, September 13 11am

Senior fraud and identity theft rates are rising quickly. Presented by Prestige Assisted Living.

Flu Shots/Shingles Vaccine/Pneumonia-Wednesday, September 19 10:30-11:30am

Get your flu shot before the "flu season" starts! Bring insurance card and/or proof of Medicare Part D. Given by Walgreens.

Hospice Care- Thursday, September 20 @ 11am

Join Freedom Home Health & Hospice for an informational workshop on the fundamentals of hospice care.

Mental Health First Aid Training-Thursday, October 4 & Friday, October 5 11:30am-3:30pm

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. Presented by Sutter-Yuba Behavioral Health. This is an 8-hour course spread over 2 days. Commitment to both days is required. Please call 822-4608 to reserve your spot.

Understanding Planning for Incapacity

Who needs to plan for incapacity and why?

According to the Centers for Medicare and Medicaid Services, at least 70% of people over age 65 will need long-term care services and support at some point. The Alzheimer's Association recently found that one in nine Americans age 65 or older currently have Alzheimer's. With baby boomers aging and people living longer, that number may nearly triple by 2050.

So, while not everyone will need long-term care, most of us probably will, and *all of us* should plan for the possibility.

Starting the discussion can sometimes be difficult. A lot of people don't want to think about it. Many just assume family members will take care of them. But waiting too late can plunge your family into crisis mode as they try to determine what you would want, what care options are available, and what resources are available to pay for them. Rushed decisions are often costly ones and, at this point, if you don't have a plan in place, a mental or physical illness can render you unable to make those decisions and helpless to convey your wishes for your loved ones' futures.

Planning ahead will make things easier for all involved—physically, emotionally and financially. It will prevent the court from getting involved with your assets and your care; it will let you have some say about where you receive care and who will provide it; it helps your family determine how to pay for your care before it is needed; it will relieve stress on your family; it can let you live as independently as possible for as long as possible; and it will give you great peace of mind.

If you are concerned about your future or have a family member who needs a helping hand making these decisions, the Law Office of Paulla Hyatt-McIntire can help you. We provide legal assistance in a wide variety of matters affecting the elderly and their families.

To learn more call (530) 674-9761 or visit <http://www.hm1law.com/learning-center>



Paulla Hyatt-McIntire, Esq.

& Mindi Reid, Esq.

Law Office of Paulla Hyatt-McIntire

950 Tharp Road, Suite 701, Yuba City

(530) 674-9761

Senior Center



Travel Adventures with Collette Vacation Tours

The Yuba City Senior Center makes traveling easy and convenient. Stop by the Center to see what exciting trips are available through 2019, or attend our next Collette slideshow presentations on **Thursday, July 26 or Thursday, November 8 at 10:30am.**



Pictured top left: Aneel, Betty, Sharon, Mui, Lan and Gerry on their trip to beautiful Ireland.

Pictured top right: Happy travelers get ready to board the shuttle from the Senior Center to the airport on their trip to Canyon Country.

Pictured above & left: Serafin and Lupe Barriga in scenic Portugal.

Health & Wellness

Seniors and the Road to Quality Sleep

Quality, Not Quantity

The older we get, the harder it becomes to get a good night's sleep. Beginning in our late 20s, there's a steep decline in the amount of deep sleep we get each night – and by the time we reach 50, that amount is reduced by more than half. For older adults (65 years of age and older), getting adequate sleep can be an even greater challenge. Even if they reach the recommended 7-9 hours each night (a metric that, despite popular belief, remains constant throughout all stages of adulthood), it may not exactly be *quality* sleep.

Consequently, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia – all of which can negatively impact quality of life. In addition to making them tired and irritable, lack of sleep can lead to issues with memory and an increased risk of falling. But what makes sleep deprivation so prevalent in the senior population?

Factors that Impact Sleep Quality

We know that sleep plays a significant role in the regeneration of cells, but there is much about the process that remains a mystery. What is known, however, is that sleep occurs in stages and patterns – what sleep experts refer to as “sleep architecture” – which includes light sleep, deep sleep, and REM sleep. The natural process of aging shifts this architecture so that there is more time in light sleep and less in deep, which is what causes older adults to wake up frequently throughout the night. This is also why they may find themselves napping more during the day. Adding to this, as we age our body tends to manufacture less of the hormones needed to regulate sleep, such as melatonin.

This light sleep is only made worse by the increased incidence of medical conditions such as diabetes, asthma, and arthritis – just to name a few. The pain associated with these conditions can easily disrupt sleep, as can the medications needed to help manage them. Seniors may also develop sleep disorders, chief among them being Obstructive Sleep Apnea (OSA). This occurs when there's an obstruction in the upper airway that momentarily stops the breathing process and lowers the level of oxygen in the blood. This then causes the brain to wake the body, pulling out of the sleep state. Those with OSA experience this multiple times throughout the night.

Ways to Improve Sleep

Although there are a number of factors that can influence a senior's sleep quality, it's important to remember that poor sleep is not a normal part of aging. Seniors who experience the symptoms of sleep apnea or severe insomnia should consult a physician or sleep specialist. However, seniors can also take steps on their own to regulate their sleep-wake cycle and get better rest at night.

- Set a strict schedule and go to bed at the same time every day (including weekends)
- Avoid napping throughout the day, if possible
- Follow a daily exercise regimen, with approval from a physician
- Spend time outside each day (at least 10-15 minutes) to receive some natural sunlight
- Avoid caffeine and smoking 8 hours before
- Avoid eating large meals or snacks before bed
- Limit alcoholic beverages throughout the day, but avoid completely in the hours before bed
- Make the bedroom a place exclusively for sleep, and ensure that the conditions are ideal for promoting quality sleep

Comfort Keepers® Can Help

At Comfort Keepers®, we want to help preserve all areas of senior wellbeing. Our caregivers can help seniors follow the recommended steps that promote quality sleep and let the family know of any dramatic changes in sleep behavior. Contact a local Comfort Keepers office today to learn more about our in-home care services.



OUT & ABOUT

JULY/AUG 2018

Pictured Right: Senior Center day trippers enjoyed a tour of the Abbey of New Clairvaux, a historical site and home of a Trappist Monk Monastery and winery in Vina, CA. **Pictured Below:** The bus traveled to Sausalito to visit the Marine Mammal Center, a hospital and rehab center for injured marine mammals. Sea otters, sea lions, elephant, harbor and fur seals from all over the California coastline are rescued, rehabbed and released back to the ocean. The Center also works hard to educate the public about human impact on the ocean environment.



Yuba City Senior Center day trippers traveled to San Francisco to see the longest running musical revue variety show in theatre history, and a San Francisco must-see, *Beach Blanket Babylon*. A special thank you to our weekend bus driver, Zamora, for braving the traffic and getting around all the extra events happening that day in the city and getting everyone home safe! Bravo!



Senior Center

HOT DOG DAY!



GUESS WHO?..

Can you tell these sister "look-a-likes" apart? Both pics are of the same sisters at different ages.

The answer will be revealed in the next newsletter.

Submit your photos to Terri or Jessica for the next

Guess Who!



..If you guessed John Boyer from the previous GUESS WHO, then BINGO! You guessed correct!

Thank you **John & Carol Boyer** for sharing your fabulous pictures. See you all at Friday night Bingo!

Senior Center Courtyard Project Update

The courtyard renovation project is officially underway. CNW Construction began demolition on Wednesday, June 27, but not without challenges. Public Works Construction Project Manager, Claire Shawver, explains, “there were multiple water lines just under the concrete slab preventing the contractor from continuing with their excavation and a sewer line; which was located and found to be broken. This break likely contributed to the ongoing “back-up” problems that the facility has suffered over the years.” Luckily, City water and sewer crews came to the rescue and quickly repaired the lines, allowing the Senior Center to continue with its daily activities. Thank you to the City’s Public Works team for their quick response and good work!

The project includes removal of the entire existing concrete patio, construction of improved drainage, new ramps and concrete patio and a 20’x20’ shade structure. The parking area immediately to the north of the patio will also be reconstructed to meet ADA requirements.

The project is expected to be completed in 3 to 4 weeks. We hope the improvements in the courtyard will allow more use of the space and people will enjoy sitting and relaxing under the shade.



Senior Center Facility Rentals Available for Your Next Event

Birthdays Family Reunions Wedding Receptions Baby Showers

Celebrations of Life Meetings Quincenearas

Stop by the Senior Center office or call 822-4608 for more information. 9

Senior Center

What's New in Yuba City!

On June 27, 2018, the Planning Commission will consider two new restaurants with drive-thrus (Panda Express & The Habit Burger). The buildings would be located on the west side of the Carriage Square shopping center.

Check out new businesses already open and in progress! For more information, visit the Development Services page on the City's website www.yubacity.net



Brain Teasers

BAMBOOZABLES!

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

1 history history history	2 K g rose e i n	3 MEREPEAT	4 _____ read
5 Arrest You're	6 Me Me a l Me a a l l Me a l	7 E more more more more	8 wonalicederland
9 me right	10 stefrankin	11 chimadena	12 settle
13 millio1n	14 d r d e v i e v i d d e v i e v i	15 land time	16 minI'llbetheute
17 R R a a i l l	18 scope	19 ban ana	20 o_er_t_o_
21 e t a d	22 Meal Λ	23 issue issue issue issue issue issue issue issue issue issue	24 XQQQME
25 time time	26 FLUBADENCE	27 1 Knows	28 BIG BIG ignore ignore
29 BIRD	30 chair	31 ICE 3	32 lang4uage
33 VA DERS	34 9S2A5F4E1T8Y6	35 _____it	36 chawhowhorge
37 RIGHT RIGHT	38 TULIPS <i>tiptoe</i>	39 \$0 all all all all	40 knee light light

Confused about Medi-Cal & Long-term Care Planning?



Choosing the right long-term care plan can be intimidating without the right help. You don't need a high-pressure seminar or expensive pre-planning to accomplish your goals. Let your trusted local Elder Law and Estate Planning attorney help determine the right plan for you.

A qualified Elder Law & Estate Planning Attorney should—

- Be a longstanding local practice, focused on estate planning
 - Offer a low-pressure one-on-one environment
 - Craft a plan specifically for your needs, with a full discussion of options
- Call us, we can help.

Your Trusted Local Elder Law & Estate Planning Advisors


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