

Senior Center NEWSLETTER

MAR/APR 2018

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MARK YOUR CALENDAR!

SUMMER TRIP SIGN-UP DAY

TUESDAY, JUNE 5 @7AM!

Congratulations Terri! February Star Award Recipient



Congratulations to Terri Ward for receiving the City of Yuba City February Star Award for quality service! The Star Award recognizes employees for their efforts in “Flying the Mission” of Quality Service, Leadership and Innovation, which is our motto that we strive to follow. The award was presented to Terri at the Senior Center by Community Services Director, Brad McIntire (pictured above) and was featured in the City Manager’s Monthly Report. Congratulations Terri!



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Senior Center

GUESS WHO?..

Who WAS that??

Thank you, Peg Greathouse,
for sharing your pictures!



Submit your photo for the next Guess Who!

Free Workshops Coming Up

- **BRAIN FITNESS**-Thursday, April 5 11:30am-12:30pm: Learn certain activities that can improve your brain fitness! Stay connected, exercise, & eat a good diet. Also, brain fitness: Fact vs. Fiction. Presented by April Shirley of Interim Healthcare.
- **LIVING WITHOUT DEPRESSION IS POSSIBLE**: Thursday, April 12 1:30-2:30pm: You can help your loved one living with depression. Presented by Prestige Assisted Living.
- **FALL PREVENTION WORKSHOP**-Thursday, April 26 1:30-2:30pm: Learn to view falls and fear of falling as controllable and how to set realistic goals for increasing activity. Learn how to make changes in your environment to reduce the risk of falling as well as simple exercises to increase strength and balance. Presented by Kathleen Shevlin, Manager of Senior Programs from the Society for the Blind.
- **MANAGING SENSORY CHANGES AS WE AGE**: Thursday, May 3 11:30am-12:30pm: Learn about the different sensory changes such as vision problems, hearing loss, taste & smell changes and the loss of sensitivity to touch. Presented by Interim Healthcare.
- **EATING IS ESSENTIAL TO PROMOTE HEALTH**: Thursday, May 10 1:30-2:30pm: Learn to identify factors that may affect loss of appetite.



- Stop by the Senior Center for some Mother's Day shopping! **LuLaRoe Clothing** will have a "Trunk Sale" set up selling a variety of comfortable and stylish outfits. **Friday, May 11 9am-3pm.**
- **THE BASICS: Memory Loss, Dementia and Alzheimer's Disease**: Thursday, May 17 11am-Noon. Presented by the Alzheimer's Association.
- **BLOOD PRESSURE & OXYGEN LEVEL SCREENINGS**: Wednesdays: April 18 & May 16 10am

You're Invited!

Attend our next Collette Vacation Slideshow to find out about upcoming exciting trips!

Thursdays: April 12 & July 26

10:30am at the Senior Center

Brochures will be available.





OUT & ABOUT

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Pictured Left: The group poses after watching IMAX *Humpback Whales* and lunch at the Spaghetti Factory.

Pictured Below: Happy campers hold their bags filled with sourdough bread after spending the day in San Francisco at the Conservatory of Flowers and lunch at the wharf.



Pictured above and below: The Jelly Belly Factory goes virtual reality with their new game, *Bean Blitz* where players have to “hit” away and block the jelly beans from going into the net! **Below right:** Participants wait patiently for their tour to begin.



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Spotlight On: Square Dancing



Promenade!



The Senior Center held a 6 week Square Dancing Class hosted by professional caller, Holly Ferriera (pictured above right). Basic square dances were taught and more were added in as they progressed each week. The dancing was a great workout both for the body and the mind as it took just as much effort to learn and remember the steps as it was to do them! Though the class was tailored for beginners, many experienced dancers from the Good Vibrations Square Dance Club attended each night to offer support for the class and complete squares. Thank you to Holly and everyone who attended!

Bow to Your Partner



Circle the Leader





Q. What is the difference between Medicare, Medicaid, and Medi-Cal?

A. Medicare is a federal insurance program that provides health coverage. **Any person 65 old** who has made contributions to Social Security is **entitled to receive benefits**; persons under 65 may also be eligible if they meet additional requirements.

Medicaid is a governmental program that provides medical and health related services to specific groups, generally, low income people. In California, Medicaid is called **Medi-Cal**.

Medi-Cal is the program that will pay for an eligible person's stay in a skilled nursing facility.

There are many rules associated with eligibility for Medi-Cal and many ways to transfer assets that result in ineligibility. We can help you or your loved one get the coverage you need.

Q. I've heard the government can take my house if I get Medi-Cal. What is the best way to protect my house and to make sure I can get Medi-Cal if I need it?

A. There is no secret to becoming eligible for Medi-Cal; there are many rules. Most people can become eligible and can avoid losing assets to Medi-Cal recovery, but the specific steps vary depending on the assets and a person's unique circumstances.

Expensive pre-planning is **not necessary**, but you should ensure that your trust and Durable Power of Attorney are up-to-date and *specifically empower your agent or Trustee to take certain actions to ensure eligibility and prevent recovery*. Standard legal forms don't contain these powers and they are crucial tools. We help clients get Medi-Cal benefits now, if needed, and ensure others have the tools needed for an uncertain future, without unnecessary expense.

Have questions? Call *The Law Office of Paulla Hyatt-McIntire* at [\(530\) 674-9761](tel:5306749761) – we can help!

SENIOR CENTER BUS UPDATE

On Tuesday, March 20, City Council approved moving forward with the purchase of a new Community Services passenger bus. The current bus was purchased back in 2002 and with maintenance expenses adding up, it was time to purchase a new one. The new bus will be 2 feet longer, which means a little more leg



room and a capacity to hold up to 24 passengers when wheelchair positions are not in use. The inside of the new bus will feel a bit roomier due to the shape of the bus and expect more comfort with higher seats for headrest and a smoother ride with rear air suspension. This is exciting news, especially for people who go on the day trips! Look for more updates to come!



POTLUCK!



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The Senior Center held its annual St. Patrick's Potluck on Wednesday, March 14, 2018. Corned beef, cabbage, carrots and potatoes were served along with a variety of sides and desserts provided by everyone. Approximately 70 people attended making it a great turnout! A special thank you to Delores Dier, Linda Buchanan, Colleen Watson, John and Carol Boyer, and Vivian Mitchell for your help with set-up and clean-up! Thank you to Terri Ward for a fantastic job cooking again this year! It was delicious!





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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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