

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

Senior Center NEWSLETTER

SEPT/OCT 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 Tony Kurlan

Yuba City Senior Commission Vice Chairperson



A product of New York (yes – a New York Yankees fan) my wife and I spent time in various small cities in Pennsylvania (where I graduated from Franklin and Marshall College in Lancaster) and northern Ohio before moving to southern California (Chino, La Habra, Tustin). Married for 47 years, we have one daughter who lives in Colusa with her husband and our grandson.

My career started in banking, then a short stint with the City of Harrisburg as management analyst, and then a long stint with Hitachi Automotive (purchasing, operations, sales/ marketing), and finally ended after a few years with Mitsubishi Electric (sales and marketing director).

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I have always been active in the communities where we lived, from Kiwanis Clubs and Lions Clubs to serving on city/county parks and recreation commissions and curriculum advisory boards. I also served on board of our condominium complex.

After twenty years in southern California we retired to Yuba City. Since retirement, I realized that there are many challenges facing the Senior community, and I felt that I needed to get involved to see where I could help. As a member of the Sutter County Museum Association, a board member of the Yuba-Sutter-Colusa United Way, and a commissioner for the Yuba City Senior Commission I can see how we can have a positive impact on making our community better for our Seniors, from programs targeting health and legal issues to educational and recreational events and services that are free or low-cost to our Senior population. The Senior Activity Center is a tremendous resource that provides a host of diverse activities to our Senior population.

As our Seniors' life expectancy continues to grow, we need to address a wider range of services and activities to keep our group healthy and active throughout our lifetimes. We are always looking for new ideas to improve the quality of our Seniors' lives, including our own. Please pass along any suggestions you may have – we will gladly explore all opportunities.

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



Free Workshops

Call the Senior Center to reserve your spot today! 822-4608

- **Identity Theft, Protect Your Loved One**-Thursday, September 13 at 11am
- **Flu Shots/Shingles Vaccine/Pneumonia**-Wednesday, September 19 at 10:30-11:30am
- **Hospice Care**- Thursday, September 20 at 11am

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

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.

- **Brain Fitness for Seniors**-Thursday, October 11 from 11am-12pm
- **Health Insurance Counseling and Advocacy Program (HICAP) Medicare Presentation**-Thursday, October 25, from 11am-12pm

• **ANNUAL SENIOR RESOURCE FAIR: THURSDAY, NOVEMBER 1, 9AM-NOON**

HICAP Medicare Part D Enrollment-Thursday, November 8, from 10am-3pm, by appointment. Please bring your Medicare Card and list of medicines. Call 822-4608 to schedule your appointment.

- **Skip the Holiday Blues**-Thursday, November 8, from 11am-12pm
- **Managing Chronic Conditions**-Thursday, December 13, from 11am-12pm



COLLETTE VACATION SLIDESHOW PRESENTATION & BREAKFAST

On Thursday, July 26, the Senior Center hosted an appreciation breakfast to thank our customers for traveling through the Senior Center Collette Travel Program. Around 50 people attended and enjoyed a slideshow travel presentation given by Jay Fehan, our Collette representative.

We have 58 travelers so far this year, compared to only 7 travelers from the year before, and 15 travelers signed up already for trips in 2019! Ready for your next adventure? Come by and see Terri to plan your dream vacation! **See you at our next presentation on Thursday, November 8 at 10:30am.**



Ask the Experts Q & A

October is Estate Planning Awareness Month

What happens if I don't have a plan?

Too many people procrastinate about estate planning. They're busy, or they don't think they own enough, or they're not old enough, or they're confused and don't know who can help them. Then, when something happens, their families have to pick up the pieces.

If you own assets titled in your name and you don't have a plan when you die, your estate will go through probate, and your assets will be distributed according to state law—and that is probably not what you would want.

For example, if you are married and have children, each will likely receive a share of your estate. This means your spouse could receive only a fraction of your assets, which may not be enough to live on. Also, because state laws usually allow for the inheritance of property only by bloodline, an unmarried partner, special friend or favorite charity would be excluded.

If you have minor children, the court will appoint a guardian to raise them without knowing whom you would have chosen. It will also control their inheritances until they reach legal age, at which time they will receive the full amount. Most parents prefer their children to inherit when they are older.

If you become incapacitated before you die, the court can take control of your assets and your care. If your assets are titled in your name, no one but the court will be able to conduct business for you.

A Good Estate Plan:

- Provides clear instructions for distributing your assets after you die.
- Protects your assets and gives instructions for your care should you become incapacitated.
- Names a guardian and inheritance manager for minor children.
- Provides for those who depend upon you (parents, children, pets).
- Provides for the transfer of a business at retirement, disability and death.
- Provides for family members who may be irresponsible with money or need future protection from creditors or divorce.
- Includes life and other insurance to provide for your family and protect your assets.
- Coordinates your assets so that each person receives the inheritance you want them to have.
- Is an ongoing process, not a one-time event. You should update your estate plan as your situation and the laws change.

An experienced attorney can provide valuable guidance and will prepare the documents correctly. You've worked hard all your life to build your estate. Having your estate plan prepared by a professional will give you peace of mind, knowing it will work the way you want to protect your assets and those you love.



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or visit

[http://www.hm1law.com/
learning-center](http://www.hm1law.com/learning-center)

Bears for Hospice

Colleen Watson shared her time and talents to create teddy bears for Freedom Home Health and Hospice. The bears are made with a piece of clothing (typically a shirt) that belonged to a loved one who has recently passed, and are given to the families as a very personal way to cherish the memory of their loved one.

The 6 bears and 2 kittens pictured at the bottom were created for the Ward family, made from Terri's mother's favorite shirts. The 2 kittens in the red Mickey Mouse fabric were made by Carol Boyer.

Terri was able to give a bear to her daughter, son, and sister, and kept one for herself.

This has been a very special project for everyone involved, both for the families receiving the bears and those involved in creating them.



Health & Wellness



Fire Safety and Prevention Tips for Seniors

Where There's Smoke...

Data continually indicates that older adults (those 65 years of age and older) face a greater overall risk of dying in a fire. In fact, according to the U.S. Fire Administration, older adults made up approximately 14 percent of the total U.S. population in 2014, and yet they represented nearly 40 percent of all fire deaths. What's more, seniors are two and a half times more likely to die in a fire than those in other age groups. And what exactly accounts for these alarming statistics? As it turns out, there are quite a few. Risk factors may include decline in physical and mental abilities such as range of motion, sensory changes and reaction time. The effects of medications can also be a factor by causing seniors to become drowsy, fall asleep, and become more vulnerable to smoke inhalation.

Fire Safety/Risk Reduction Tips

Detect Smoke: If there are currently no smoke detectors in the home, make sure they are installed immediately. There should be a detector on the ceiling, in close proximity to each sleeping area, and on each level of the home or apartment. Ensure that the detectors are cleaned and that the batteries are changed at least twice a year. If you have difficulty hearing, be sure to test the detectors to ensure that you can hear them.

Have A Plan: While being alerted is a vital component of fire safety, it doesn't mean much if you don't also have a plan for escape. Be sure you understand exactly where you can go if there's a fire, and what alternative route is available through the home, should the primary escape route be compromised. Any escape plan should adhere to your specific needs and capabilities. That means ensuring that any aids you need to maneuver through the home (e.g., eyeglasses, walking cane, or wheelchair) are with you at any given point.

Cook Safely: As previously mentioned, the kitchen represents one of the areas of the home where a fire can ignite in the blink of an eye. Never leave cooking food unattended, and be sure to avoid wearing loose clothing when near a heat source. Similarly, you'll want to ensure that any other flammable materials (paper towels, towels, mail, magazines, etc.) are as far away from the heat as possible. Finally, every kitchen should have a class ABC fire extinguisher installed or in the immediate vicinity.

Smoke Responsibly: Smoking in the home is extraordinarily dangerous. Even if you think that a cigarette is extinguished, there's a chance that hot ashes can find their way onto furniture or other flammable materials in the room. For similar reasons, one should never smoke while in bed. Ashtrays should be emptied either into the toilet, sink, or an empty metal container. If emptied into a waste bin, the ashes could ignite the surrounding trash.

Check Wiring: We often hear about faulty wiring being responsible for house fires, but you may find yourself asking what actually indicates that there's a problem with wiring? If you notice that lights are dimming as you use an appliance, or if you have to unplug one appliance in order for another one to work, bad wiring may be the culprit. Blown fuses also indicate that a problem exists. Be sure that you schedule for an electrician to provide a thorough inspection.

Comfort Keepers® Can Help

If you are concerned about the safety of your aging loved ones, especially in regard to fire, we can help. While it's important to rely on the expertise of licensed professionals for certain precautions, we can provide home safety assessments and ensure your loved ones' environment is safe. Contact your local Comfort Keepers office today to learn more about how we can serve your loved ones.

References:

- Love to Know. "Elderly Fire Safety" by Terry Hurley. Web. 2017.
- U.S. Fire Administration. "Fire Safety Outreach Materials for Older Adults." Web. 2017.
- Real Insurance. "The Most Common Causes of House Fires." Web. 2013.

Fast Fact

According to the NFPA (National Fire Protection Association), the leading cause of fire deaths in the home for adults 65 years of age and older is smoking. The second leading cause is heating equipment.

Out & About

BATTLE OF THE BAY TAILGATE PARTY!

Yuba City Senior Center baseball fans cheered on their favorite team at a sold out Oakland Coliseum stadium on July 22nd.



TAILGATE ZONE TAILGATE ZONE



Senior Center Facility Rentals Available for Your Next Event

Birthdays Family Reunions Wedding Receptions Baby Showers

Celebrations of Life Meetings Quincenearas

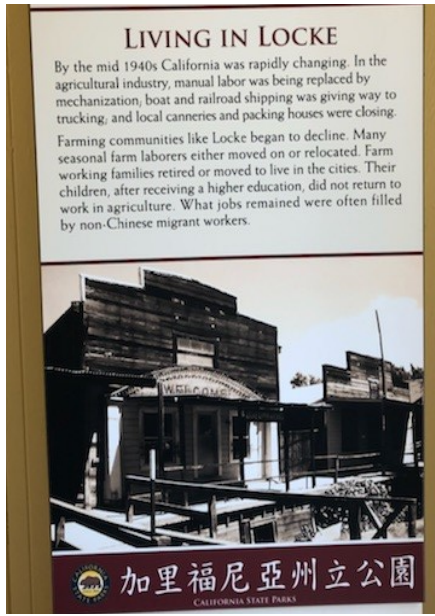
Stop by the Senior Center office or call 822-4608 for more information.



Pictured above: Lunch was at the infamous Al's Place, a local restaurant and bar known for its quirks such as dollar bills stuck to the bar ceiling.

Historic Town of Locke, CA

Located near Lodi, Locke is listed in the National Register of Historic Places by the National Park Service. It is the only town in the US built exclusively by the Chinese Americans for the Chinese Americans. Its unique charm and genuine authenticity bring many visitors to its streets each year. The group visited many of the historic buildings and sites on their docent-led tour.



Summer BBQ

The Senior Center held its annual Summer BBQ on Friday, August 10, 2018. This year approx. 200 people were served between the BBQ, Bingo and the monthly dance that evening. Approximately 100 people attended the BBQ, making it one of the best turnouts yet.

The Yuba City Rotary Club sponsors this event every year and has done so for several years. This year, they stayed until 2pm cooking over 150 burgers! We thank the Rotary Club for their dedication and hard work! A special thank you to Terri for getting an early start and cooking burgers in the morning and also to Dolores Dier and Linda Buchanan for helping with the preparations.

Most of all, thank you to everyone for attending and supporting this event!



Summer BBQ



GUESS WHO?..

Thank you Karen Marty and Kathy Hansen for sharing your adorable sister pictures!

Submit your photos to Terri or Jessica for the next ***Guess Who!***

Pottery Class Share day



A lot of creative thought and time goes into the process of working with clay. On sharing day, artists get to talk about what inspired them to create their pieces, and the steps they took and decisions made to get to the finished work of art. There are questions and feedback for the artist, a lot of laughs, and a lot of "oohs and awes" as people show their unique works. The class is led by instructor, Tamra Spoto, and meets every Monday from 1 to 4pm.

If you are around on a Monday afternoon, make sure to stop by and check out what they're working on. Who knows...you may become inspired to create your own masterpiece!



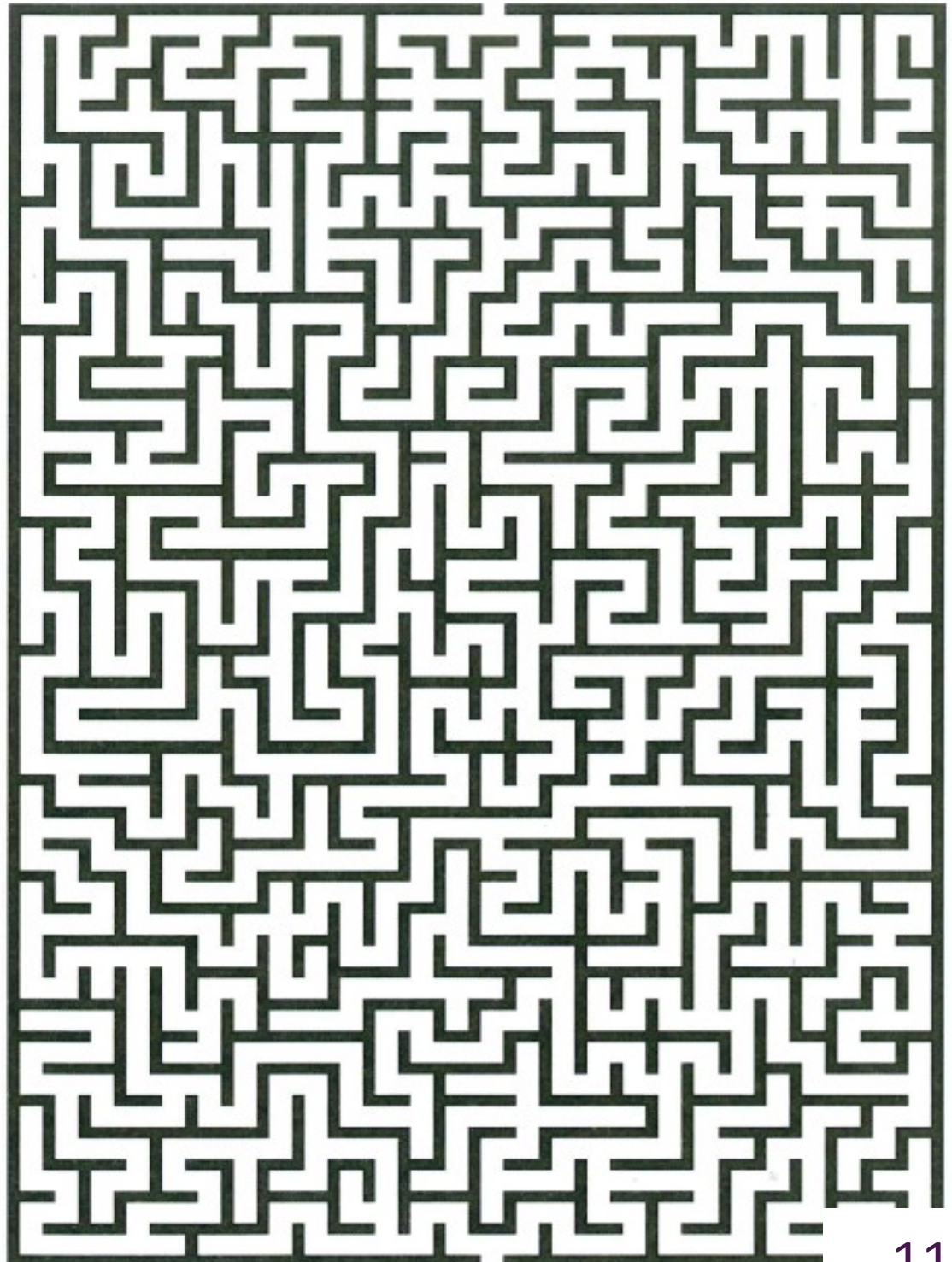
Brain teasers

Answers from last issue

1. History repeats itself
2. Ring around the rosie
3. Repeat after me
4. Read between the lines
5. You're under arrest
6. Square meal
7. Ready for more
8. Alice in Wonderland
9. Right beside me
10. Frankenstein
11. Made in China
12. Settle down
13. One in a million
14. Four wheel drive
15. The Land Before Time
16. I'll be there in a minute
17. Rail crossing
18. Microscope
19. Banana split
20. Painless operation
21. Update
22. Well balanced meal
23. Tennis show
24. Excuse me
25. Time after time
26. Bad influence
27. Won by a nose
28. Too big to ignore
29. Big Bird
30. High chair
31. Ice cube
32. Foreign language
33. Space invaders
34. Safety in numbers
35. Blanket
36. Who's in charge
37. Equal rights
38. Tiptoe through the tulips
39. Free for (4) all
40. Neon lights

A-MAZE-ING! Find your way out of the maze!

START



FINISH

11

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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