

Senior Center NEWSLETTER

NOV/DEC 2018

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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.

**The Senior Center wishes Beth Boucher a Very Happy Retirement!
Thank you for the many years of service... Since 1990!**



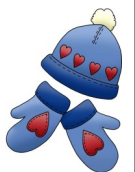
After nearly 30 years of teaching fitness classes at the Senior Center, Beth Boucher has announced her plans to retire this January. We would like to thank Beth for the many years of dedication to the Senior Center. We wish Beth the very best! Saying, "you will be missed" is an understatement!

A farewell party will be given in her honor on Thursday, December 13th at the Senior Center. All past and present students, friends and family are welcome to attend.

Wishing all a safe and joyous holiday season!



Happy Holidays!



Looking Back...

Taking a look back over the years at some of our favorite moments with Beth.
Halloween will not be the same! Thanks for the memories and the fun!



So Many Memories!



Courtyard Ribbon Cutting

On Friday, September 28, 2018, the Senior Center celebrated the opening of our new courtyard with a ribbon cutting ceremony. Those who had a part in the project were recognized and thanked, including members of Public Works, Parks, Water and Sewer crews. Council Member, Stan Cleveland, Senior Commissioners Tanna Thomas and John Boyer, Community Services Director, Brad McIntire, and Senior Center participants attended the event.

An ice cream social was held after the ceremony, including sundaes with all the fixings, and live music provided by Dan Lizardo and friends.



Quilts are a work from the heart!

Our Senior Center Friday Quilters crafted these very merry table runners that will be used to decorate the dinner tables at the annual Sutter Butte Quilt Guild holiday party. The runners will be raffled off to a lucky winner at each table.



Meet Your Senior Commission

Meet Commissioner Joanne Ellis



I was appointed to the Yuba City Senior Commission in September 2017. My career: 30 years with the State of California in Human Resources, Marysville and Sacramento; currently retired.

I began volunteering my time at the Yuba-Sutter Food Bank in February of 2009 as office manager, Thrift Shop manager and Administrative Assistant to the CEO.

In January 2013, I was appointed to the position of President/CEO of the food bank by unanimous vote of the Yuba-Sutter Food Bank Board of Directors. My position is volunteer status, receiving no compensation for the work I perform.

In 2015, it was my honor to receive Woman of the Year by Congressman John Garamendi for my community volunteerism.

At present, I am affiliated with the following local organizations: Chamber of Commerce & United Way. Our food bank is a proud partner organization with: Feeding America and the California Association of Food Banks.

I am a senior in my own right and understand the concerns seniors have. I have also been affected by certain aspects of growing older in our current society and would like to have input to issues in our community, and advocate for those who cannot speak for themselves.

My focus at present is the senior community in both Yuba and Sutter counties.

Through the food bank, I have opened a supplemental food program for our local seniors—60+ at the food bank to assure our local food insecure seniors have adequate education in nutrition, as well as providing them with additional healthy and nutritious food (protein, dairy, cereals and fresh produce) to supplement their dietary needs.

Our existing food distribution programs have expanded during my tenure reaching additional low-income, food insecure families and individuals who need assistance.

I am open-minded, progressive, think outside of the box, in developing new programs to aid in our fight against food insecurity.

My appointment to the Senior Commission now allows me to provide input regarding issues that our senior population is having affecting their lives in our local communities.

In my personal life: I enjoy cooking, reading, traveling, and spending time with my family and, especially my two grand-daughters McKayla and Regan.

Meet Commissioner John Boyer



I was born in Columbus, Ohio. I entered the Air Force in 1958 and served 4 years, during which I met and married Carol Maguire in 1960 while stationed at Beale Air Force Base. My 38-year career began in Yuba City as a clerk for Hydro Conduit, a concrete pipe manufacturer. I was located in Connecticut at the time of my retirement, but was located in several locations from Alaska to Florida and Connecticut to California and retired in 2002 as VP General Manager of a Joint Venture.

My reasons to join the Senior Commission is to help facilitate the needs and wants of seniors into reality.

The Yuba City Senior Commission meets on the 1st Wednesday of the month at 9am at the Senior Center 777 Ainsley Ave in Yuba City. Interested citizens are welcome to attend.

Ask the Experts Q & A

AVOIDING THE “P” WORD: PROBATE

Provided by Mindi Reid, Attorney at Law

Probate has had a bad reputation since Norman Dacey wrote *How to Avoid Probate* in 1966. Probate is a public, court supervised process through which the court ensures that, when you die, your debts are paid, and your assets are distributed according to your will or by state law. It is often expensive and usually takes nine months to two years, but often longer. During part of this time, assets are usually frozen, and nothing can be distributed or sold without court approval. Between Dacey’s book and personal experience, most people think that the probate process is a nightmare and that trusts are the fail-safe solution to every estate-planning problem. I routinely encounter clients who inform me that they need a trust and do not need a will. Trusts are no doubt useful legal tools, but they neither eliminate all risk nor assure your survivors will avoid probate of your estate.

Revocable Living Trust

A trust is a legal agreement in which one person, called a “trustee”, holds title to property for the benefit of another. Inherent in this definition is a sobering thought for many—when you put property in trust, you technically no longer own the property, and what happens to the property is governed by the trust document. However, this is mitigated by the fact that, unless you specify that your trust is irrevocable; you can always revoke or amend your trust. The person or persons who create the trust (called the “grantor”) can also be the trustee. Therefore, owning your property as trustee can be no different on a day-to-day basis than owning your property in your individual capacity.

Establishing a trust is just one step in avoiding probate. A trust has little value until your property has been transferred to the trust. All of your property, both real and personal, must be transferred to your trust. Fail to transfer an item of property—whether a bank account, a rental home, or a business interest and your estate will likely require probate.

Pour-Over Will

A pour-over will is commonly used together with a trust to pour into your trust any assets that have been left out. If you omitted any property, you will need a will to control that property’s disposition in probate. Individuals often forget they own an item of property or purchase property after they have established their trust then fail to take title in the name of the trust or assign it to the trust. Property not transferred to the trust will be disposed of according to California’s Intestate Succession in the absence of a will.

Estate planning does not have to be a daunting task. Start by hiring a qualified estate planning attorney. Well-drafted estate plans answer questions that neither you nor Legalzoom likely would think to ask, and generally resolve the most common issues that surviving family members argue about. In most cases, you will spend far less to have an attorney draft clear estate documents than your children will spend on attorneys due to poor drafting. Once your plan is in place, you will have peace of mind knowing that you have done everything that you can to protect your family.



About the Author:

Mindi is a sixth-generation member of a farming family in Wheatland, California. Her farming background inspired her to pursue a law degree to better advocate for farmers and ranchers. Mindi received her B.S. degree in Agriculture Business and a minor in Business Administration from the California State University, Chico. In 2014 Mindi received her Juris Doctorate. She is a member of the State Bar of California, admitted to practice before the California State Courts and a member of the Yuba-Sutter Bar Association. She serves on the Board of Directors of the Estate Planning Professionals of Yuba-Sutter.

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Maintaining Healthy Lungs Late in Life

Age's Impact on the Lungs

How often do you think about your lungs? Breathing is so automatic that it's unlikely you give them much more than a passing thought. But just like all our other organs, the lungs require maintenance and protection – especially as we begin to age. As it turns out, our lungs have quite the head start when it comes to aging. According to the American Lung Association (ALA), our lungs mature by the time we're 20-25 years old, and once we reach 35, their functionality actually begins to diminish due to certain age-related changes. And as we get even older, these changes to the lungs – and other surrounding body parts – can make breathing more difficult.

Air sacs, found within the lungs, which help with the exchange of oxygen and carbon dioxide, lose their shape and elasticity. This then makes exhalation harder and doesn't allow as much oxygen to make its way into the bloodstream.

It's not uncommon to think of the lungs as organs that work independently to facilitate breathing, but they receive quite a bit of help from neighboring organs— namely, the respiratory muscles. One of the most significant within this group, the diaphragm, is responsible for expanding the lungs during inspiration. The diaphragm weakens considerably with age, which makes breathing enough air in and out more difficult.

Even changes to the rib cage impact breathing. Gradual bone loss – common among older adults – causes the rib cage to thin and even change shape. This makes it harder for it to expand and contract during breathing.

While decreased efficiency in the lungs is, unfortunately, a normal part of aging, it doesn't mean that seniors can't take steps to protect their lungs from greater threats. Below are a few tips that senior clients can follow so that they continue to breathe easy.

Ways to Keep the Lungs Healthy

Don't smoke, or take steps to quit. Smoking is the primary cause of both lung cancer and COPD, not to mention numerous other health conditions and diseases. Many may feel that they're "past the point of no return" when it comes to smoking, but evidence shows that it's never too late. In fact, the ALA notes that lung functionality improves just months after quitting.

Get regular aerobic exercise (with physician approval). It's reported that aerobic exercise increases breathing from 15 times a minute to anywhere between 40 and 60. Doing this on a consistent basis allows the lungs to become more efficient.

Avoid exposure to pollutants. It becomes more difficult for the lungs to resist many of the airborne toxins as we get older. Seniors should stay away from secondhand smoke, avoid going outside when there are reports of air pollution, and modify the home to make it as pollutant-free as possible. This includes dusting and vacuuming weekly, as well as using natural cleaning products whenever possible.

Prevent respiratory infection. Seniors should wash their hands with warm, soapy water often throughout the day and follow all other hygienic best practices. It's also recommended that they get the influenza vaccine each year before flu season, and talk to their physician about receiving the pneumococcal pneumonia vaccine.

Take a deep breath. One of the best ways to make the lungs more efficient is by simply breathing properly. Deep breathing exercises can greatly improve lung capacity and help to eliminate stress.

Comfort Keepers® Can Help

The professional care team at Comfort Keepers® can help senior clients follow these tips to help keep their lungs healthy. We can also help those who may be faced with lung disease or are recovering from respiratory illness. Our caregivers can remind them to take medication and provide transportation to and from any scheduled appointments.

Contact your local Comfort Keepers to learn more about our in-home care services.

References:

- Healthline. "How Growing Older Impacts Lung Health" by Colleen Story (Medically reviewed by Elaine K. Luo MD) Web. 2017.
- American Lung Association. "Lung Capacity and Aging." Web. 2018.
- American Lung Association. "Tips to Keep Your Lungs Healthy." Web. 2018.
- MedlinePlus. "Aging Changes in the Lungs." Web. 2018.

Day Trip Adventures

Castello di Amorosa Winery

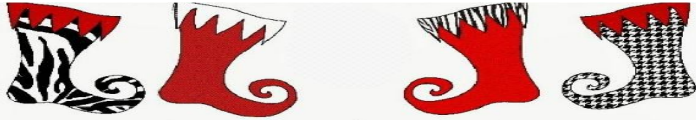
Senior Center day trippers enjoyed a beautiful day in wine country on a tour of the Castello di Amorosa in Calistoga. The tour of the authentically-built, medieval-inspired, 13th century Tuscan castle included an underground grand barrel room, chapel, great hall, courtyard and torture chamber. The tour concluded with a private tasting of their exclusive wines.



A **SINCERE THANK YOU** goes out to John Liburdi for donating his time, shopping the materials and installing new balance bars for our fitness classes. John is the husband of Cecilia, who teaches our Zumba and Barre classes. The bars will allow classes to perform stretches and balance exercises in a safe manner, and are a great addition to our exercise programs. **THANK YOU!**



Events & Announcements



Holiday Craft Fair

Saturday, November 17, 2018, 9am - Noon

Yuba City Senior Center 777 Ainsley Ave

**Unique Gifts, Pottery, Paintings, Ceramics
and Much More!**

Bus Update

Our new Community Services 24 passenger bus is scheduled to be on the assembly line in early November, with an estimated completion date of around the first part of January. This is later than our original expected completion timeline of September/October, but the wait should be worth it. The delay is partly due to the order of a chassis for the rear axle to an upgraded "Meritor Quiet Ride Axle." This should ensure a more smooth and quieter ride for our passengers, which we will all appreciate in the long run! Stay tuned for more updates as we receive them.



Senior Center Annual Holiday Potluck & Tree Lighting

Wednesday, December 5 @5 :30pm

We will provide the turkey, stuffing, potatoes & gravy.

Please bring a side dish or dessert to share.

Sign-up at the office or call 822-4608

Senior Center Holiday Closures

The City of Yuba City has issued a holiday closure for all non-essential services and buildings.

Senior Center Holiday Schedule:

CLOSED: Thursday, November 22 & Friday, November 23

CLOSED: Monday, December 24 through Friday, December 28

(No Monday night Pinochle or Bingo this week)

WE WILL BE OPEN: Monday, December 31

CLOSED: Tuesday, January 1 (New Year's Day)

Regular Open Hours Resume Wednesday, January 2, 2019



Spotlight on ...

When we asked Lynne to teach a Senior Center balance class, she was hesitant at first because she wasn't sure what to do in a balance class. But after finding many resources online regarding seniors and balance—especially balance for fall prevention—she decided to give it a try, and has now been teaching our Balance For Fall Prevention class for nearly two years.



Lynne includes in her class not only many of the senior balance exercises that she found online, but also a variety of core strengthening exercises that she learned during numerous sessions of physical therapy. To help the students perform the balance exercises safely, every student has a chair to hold onto. And several long rows of chairs set closely next to one another is set up so that the students always have a chair to hold onto as they perform the walking exercises. To give the students a break from standing, Lynne also includes a variety of seated exercises midway in the class. Most students do the class without shoes, so yoga mats are laid out for them to stand and walk on. However, if a student must wear shoes in the class, a row without yoga mats will be provided.



Although most of the balance students are in their mid- to late-60s, or 70s and 80s, a few are in their late-50s, and one man is 95 years young and one woman is 97 years young! Any senior of any age that wants to improve their balance and their leg and core strength are more than welcome. In addition, there are, or have been, students that have had a stroke or have MS.

...Balance Class



Both the balance and the strength of most of Lynne's first several students improved so radically and so quickly that Lynne and her students became extremely excited about the class, and it grew by word of mouth quite rapidly.

Leo was one of Lynne's first students and her first most inspiring student. He was 91 years of age and had broken a hip and a femur a few years earlier in a car accident. Leo was so weak in that leg and hip that he was able to lift his foot only an inch or so off the ground when he began taking the class. He also had difficulty standing on that leg alone. One of Lynne's exercises is a simple knee lift, where the students lift up a leg until their thigh is as parallel to the ground as possible, and then they balance there for a short time. Leo literally gritted his teeth attempting to lift his leg, and through perseverance made progress—faster than he or Lynne or any of the other students ever expected. Within three months, Leo was able to stand on his “good” leg and not only lift the other thigh parallel to the ground, but also balance there for some time. He also gained enough strength in his “bad” leg to balance on it while lifting the other leg. All the balance students were so amazed when Leo was able to do one more exercise he'd not previously been able to do that they would actually applaud him.

Although Leo was the first student to profoundly inspire Lynne and her students, he has by no means been the last. Many students have improved their balance and strength—some a little and some a lot—by attending the balance class. And everyone in class encourages one another not only with applause, pats on the back, and hugs, but also with kind words of support and praise.



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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