

Senior Center NEWSLETTER

JAN/FEB 2019

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HOLIDAY POTLUCK.10-11

The Yuba City Senior Activity Center is dedicated to providing quality programs and services to seniors 50+ in the Yuba-Sutter area. Visit or call for more information. Open Mon-Fri, 8am-4pm

Recognition for 30 Years of Service



Senior Center fitness instructor, Beth Boucher, received a proclamation from Mayor, Shon Harris, at the Tuesday, December 18th City Council Meeting. City Councilmembers, Grace Espindola, Marc Boomgaarden, Dave Shaw, and Vice-Mayor Manny Cardoza were also present, along with Beth's family members and friends.

Beth was recognized for her almost 30 years of service at the City of Yuba City Senior Center and her accomplishments and contributions to the fitness program during her career.



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530-822-4608
777 Ainsley Ave



Letter of Thanks

Hey everyone! Where to start...

Well, it's retirement time. Wow, 29 years! Where has the time gone, and where do I start? You have all been with me through everything, and we were such a big family. I am certainly going to miss each and every one of you. Thank you for your years of support, helping me with my first grandchild (now 18 years old), and still helping. You have no idea how much your support has meant to me.

We have had so much fun with Halloween, costumes and Christmas parties through the years. We have Wilma Dunn to thank for starting the Halloween tradition and John Nicholls for providing cupcakes and goodies for the parties. And what can I say about the Christmas parties, potlucks and the white elephant? Each year it seemed everyone wanted that "one" thing, and don't forget the one person that got the coal! They must have been naughty! There was such a variety of food and was always so delicious. Everyone started exchanging recipes and getting to know each other, making connections, going on trips and doing things together. Oh, and don't forget our resident cat, "Johnny Cat." Remember how he would come in our classes to join in? He especially loved the Christmas tree, laying under it and breaking bulbs.

I would especially like to thank the staff, starting with Verna Cook-Stoddard, and now Jessica and Terri, for all their help and support over the years. Deciding to retire was a very hard decision because you are all family and special to me, and I enjoyed working with you all so much. Thank you for helping me through this decision. It has been a great 29 years!

Just because I am leaving does not mean you can get rid of me that easily! I will be back to visit and join in on some classes and trips. I can participate now, YAY!

You don't work at a place for 29 years and not be a part of everyone's lives, good and bad, and the care, love and support of sharing everything as a family does. I am sure going to miss each and every one of you. Enough tear-jerk, suppy goodbyes. I will be back, and I know you will get to know the new instructor and enjoy her classes just as much as you did mine. Love and hugs! I will be seeing you soon. Keep working out!

Love,

Beth

New Beginnings



Cecilia (pictured on left) currently teaches Zumba Gold at the Senior Center on Tuesdays at 10:10. Cecilia will be taking over Beth's (pictured on right) Fitness After 50 class on Tuesdays and Thursdays at 9am, and Body Toning class on Mondays at 9am.

Meet Cecilia Liburdi-Castillo

As we move forward to a new year with gladness and new resolutions, I prepare with excitement to bring Body Toning and Fitness After 50 to our Yuba City Senior Center. It was such an honor to work with Beth on this transition as she retired with over 30 years of fitness service to our community. I know I have very big shoes to fill.

Though I am licensed and certified in different fitness disciplines, I am enhancing my expertise and training through continuing education. My passion is to work as a group fitness instructor with mature participants to help them achieve and maintain their goals for better health that includes poise, balance, flexibility, coordination, strength, rhythm and memory all done to the beat of music utilizing a fusion of pilates, yoga, dance, weight lifting and fun.

I currently teach Zumba Gold, aqua fitness, Aqua Zumba and have taught barre, spin, line dance, ballroom dance, folklore dance and belly dance. I have also taught exercises to participants with disabilities in group or private sessions. Also, as an instructor, I will have the chance to evaluate the attendee's fitness level and adjust or modify exercises as necessary to allow for future growth.

I am looking forward to working with our members, so together let's shout out, "HAPPY HEALTHY NEW YEAR!" - Cecilia

An Invitation to Slow Down with Qi Gong

Qi Gong: Balance, Coordination & More! Thursdays @ 10:15

Long considered a "Moving Meditation" and "Internal Martial Art", "QI GONG" provides a wonderful opportunity to deepen your breathing, increase your balance, stretch your muscles and quiet your mind while having FUN .

In order to sharpen awareness of where our bodies are in space we will practice a "QI GONG" set titled "Eight Movements of the Silk Brocade". For centuries in China this has been thought to cultivate healing energy. Some people have even reported it improved their sleep, reduced their worries and minimized pain.

Come Join Us As We:
Ring the Temple Gong
Regulate San Jiao
Open the Bow
Swing the Head, Trunk and Tail
Punch with Angry Eyes
and MORE



Free Workshops Coming Up



Elder Law Basics & Power of Attorney

Thursday, February 21 11:00am

Presented by the Law Office of Paulla Hyatt-McIntire

Are you confused by the numerous legal documents that affect older adults? Don't let a court appointed representative be responsible for making these important decisions on your behalf. Join us for a presentation that covers which documents you and your family should consider for planning purposes as you age. Take advantage of this seminar so you know your choices and have a say when it comes to elder law and power of attorney. Call 822-4608 to sign-up.

Preventing Elder Abuse

Thursday, February 28 11:00am

Presented by Yuba-Sutter Legal Center for Seniors

Learn the different forms of abuse, how to recognize the signs, and what you can do to protect yourself and your loved ones from elder abuse. Call 822-4608 to sign-up.

Chronic Disease Self-Management Workshop



Thursdays 10am-Noon

March 21– April 25

Presented by Sutter County Public Health

In this workshop, you will learn about:

Medication usage

Getting a good night's sleep

Dealing with difficult emotions

Physical activity & exercise

Preventing falls

Pain & fatigue management

Better breathing

Healthy eating

Making informed treatment decisions

Working with your health care professional and organization...and so much more!

Call 822-4608 to sign-up.



Ask the Experts Q & A

ESTATE PLANNING

What You Don't Know Can Hurt You

Attorneys at Hyatt McIntire and Associates specialize in estate planning, trust and probate law. We are dedicated to personalized, proactive, effective and resourceful planning that protects clients and their assets during their lifetime and efficiently distributes assets to beneficiaries at death.*

Estate planning is deceptively complex; it is tempting to 'do it yourself'. After all, almost everyone knows about a power of attorney and a will. Unfortunately, there are many ways for a plan to go terribly wrong. In some situations, no plan at all is effective. Other times, no plan, or incomplete and faulty planning brings needless financial and emotional hardship to loved ones.

Do you know the factors in your life that make estate planning, or lack of planning, vulnerable to disaster?

Below is a story of heartbreak, financial difficulty or family disruption that could have been avoided with effective planning. The story is real; with changes to protect confidentiality. It's one of many stories highlighting ways a good plan can go wrong, the perils of not planning at all, the danger in do-it-yourself, and Buyer Beware if you don't use an estate planning attorney.

Ways a Good Plan Can Go Wrong- Problem of Joint Tenancy

1. A single woman with four kids ("Mom") had a trust that held her (run-down) house and her large brokerage account. Mom did not feel she had access to an attorney because the trust had been prepared by a 'trust mill' many years before and Mom did not know the name of the person that drafted it or who to contact about updates. Mom was aging, and her health was declining.

One daughter was local and helpful, and Mom wanted her to be able to help with financial affairs by being a co-signer on her account. Mom and daughter went to the broker and were told that daughter couldn't be a signor on the account because the account was held in the name of Mom's trust; daughter wasn't a trustee. Mom was frustrated and told the broker she needed her daughter to sign.

Mom accepted the solution offered by the brokerage company; she took the account out of the trust and made the daughter a joint owner; 'problem solved"! Daughter could have been a "co-signor" with the account out of the trust and we can guess that the broker told her she would avoid 'probate' if daughter was a joint owner. The account had something in the range of a half million dollars in it; the value was of much greater value than the home, which was the only asset that remained in the trust and the only other asset Mom owned. Everything in the trust was to go to Mom's four children, in equal shares.

When Mom died, daughter was told by the broker to provide a copy of the death certificate and then the account would be hers. Daughter thought..., or decided..., or rationalized..., that Mom must have been rewarding her for being such a good helper. Daughter decided to keep the funds as her own, all of them. The other siblings called foul and retained lawyers; a big expensive fight ensued. The other three siblings were absolutely certain that Mom had intended the money to be split according to the terms of the trust. Daughter joint owner said Mom never clarified the situation, she just made daughter a joint owner. Mom's gone at this time, so she can't weigh in on her real intent.

In the end, Daughter shared the account; several attorneys made money and the relationships between the siblings will not likely fully recover.

CONTINUED ON PAGE 7...

Day Trip Adventures



Pictured Top: Day trippers enjoyed a tour of the Roger's Family Coffee Plant in Lincoln.

Pictured Left/Right: This year we took two bus trips to see the Christmas lights in downtown Sacramento "Fabulous 40's." Afterwards, the group enjoyed family-style dining at Frank Fat's.



ESTATE PLANNING (CONTINUED FROM PAGE 6)

What should have happened? When the brokerage house told Mom, she couldn't put a non-trustee signor on the account, a better response would have been to make her daughter co-trustee. Daughter was acting as a Co-Trustee in any event; it would have been the proper solution. An estate planning attorney could have helped her for less than an hour of legal time. It was a mess and it didn't need to be. A good plan needs to have a check-up every now and then. Very sad outcome.

Do you understand your estate plan? Do you know the factors in your life that make estate planning, or lack of planning, vulnerable to disaster?

Give the attorneys at Hyatt McIntire & Associates a call; we are problem solvers and believe the best solution is to be proactive. We can help.*

HMA-Office@hml1law.com 530.674.9761
950 Sharp Road, Suite 701 Yuba City, CA 95993

For more information, visit our Learning Center at: <http://www.hml1law.com/learning-center/>

**Formerly known as the Law Office of Paulla Hyatt-McIntire*

Health & Wellness

Caregiver Mental Health-Avoiding Burnout

Stress occurs as a result of too many pressures that demand too much of you. The stress of caregiving can be overwhelming. If you feel very guilty, resentful, sad, and frightened, your stress level will be high. It is natural for caregivers to experience these feelings. When you do not pay attention to your level of stress, you may ask more of yourself than you can give. If this “wear and tear” continues, you may become depressed, ill, isolated, and unable to provide care. Caregivers are frequently told to take care of themselves; they can offer a thousand reasons why they do not have the time, energy, money, etc. to do so.

Steps You Can Take- Think of ways you can incorporate some of the following to comfort yourself: prayer, talking with friends or relatives, exercise, hobbies, meditation, mindful breathing, yoga, walking, and seeking professional help or counseling. It is important to get help and support from other family members. Find a way to get respite from caregiving before you reach the point when you feel your life is out of control—burned out.

Are You Suffering from It? Often caregivers are not even aware that they are suffering from burnout—until a friend or family member points out that they are not themselves. Caregivers can underestimate the impact of the work they are doing and the time and emotional energy they are using. Try not to be offended, but listen if you are told that you are more irritable than unusual. Burnout may have some of the same symptoms as depression, but is not the same and *cannot* be helped with medication. Burnout may explain your loss of interest in activities you used to enjoy, your run-down condition, feelings of hopelessness and helplessness, even wanting to hurt yourself or the person you are caring for. If you have these feelings it is time to re-evaluate your caregiving situation. You should take steps to get more support and relief.

Where to Find Help-Are you feeling that you cannot or do not want to continue caregiving but that you have no choice but to keep going? The following suggestions may be of help.

- Find someone, a friend or counselor, who can listen and give you new ideas and perspective.
- Attend conferences and lectures about the condition or join a support group with other people who are going through the same thing.
- Hire more help or enlist more family involvement.
- Consider enrolling the person in your care in an adult day care program.
- Consider placing him in a residential care facility for a short stay while you take a vacation.
- Seriously consider whether you want to continue providing hands-on care. Both you and the person in your care may do better if he is placed in a care facility. You then may be able to visit, to keep an eye on the care, and to enjoy being together when you are no longer the front-line person.



Events & Announcements

St. Patrick's Day Potluck



Wednesday, March 13th

5:30 to 7pm

Corned Beef & Cabbage Provided

Bring Side Dish or Dessert to Share



TRIP SIGN-UP DAY IS TUESDAY, FEBRUARY 5 @ 7AM!

Spring day trip lists are available at the front office

Look forward to many new destinations including the Sacramento Kings, the Exploratorium, Cirque du Soleil on Ice, Oakland Zoo, di Rosa Center for Contemporary Art in Napa & so much more!!

COME TEACH WITH US!

Contract Class Instructors needed!

Do you have a special skill or hobby? Could you turn that skill or hobby into a class for our Recreation Department? We have space available for your class! Or if you have your own space, we can help you advertise! Contact Jessica Peters for more information. jpeters@yubacity.net or 530-822-4649.

Senior Center Facility Rentals Available for Your Next Event

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

Birthdays Family Reunions Wedding Reception Baby Showers

Celebrations of Life Meetings Quincenearas

Holiday Potluck & Tree Lighting



Mayor Shon Harris (pictured left) welcomed everyone at his first official event as Mayor, and kicked-off the evening with our annual tree lighting.

Studio B Academy of Ballet, Yuba City Youth Ballet treated us with two delightful performances from *The Nutcracker*. Thank you Jilleen Menghini & dancers for sharing your talents with us and making the evening so festive.



*An evening filled with surprises...
Turkeys, Dancers & Local Dignitaries!*



We were honored to have newly elected **City Council Member, Grace Espindola** (pictured above), introduce herself and get acquainted with attendees at dinner.

Assemblyman, James Gallagher, was also in attendance as a proud parent of one of the dancers performing that night.

A special THANK YOU to our wonderful volunteers and staff for all their help in setting up, decorating and cleaning up! We couldn't have done it without you!



THANK YOU YUBA SUTTER FOOD BANK!

A special THANK YOU to Joanne Ellis, CEO of **Yuba Sutter Food Bank**, and her husband, Patrick, for **donating 40 turkeys**, 2 hams, several cases of sparkling cider, and 2 live Christmas trees to the Senior Center. Dozens of attendees went home with one of the above and the rest were given out at Friday night Bingo.





Getting to Peace of Mind

Elder Law

Hyatt McIntire & Associates are advocates for the elderly and their loved ones handling a wide range of legal issues affecting an older or disabled person. We take a holistic approach to our clients and customize our plans – there is no “one size fits all”. We provide legal assistance in a wide variety of planning and litigation matters affecting the elderly and their families.

INCLUDING:

Estate Planning
Medi-Cal Planning
and application
Asset protection planning
Powers of Attorney
Advance Health Care Directives



HYATT McINTIRE & ASSOCIATES
ATTORNEYS AT LAW

950 Tharp Road, Suite 701
Yuba City, Ca 95993