

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: January 9, 2012

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SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR
CENTER FOR JANUARY 2012

The following programs will be offered at the Cypress Senior Center, which is located at 9031 Grindlay Street, just south of Lincoln Avenue and about a mile west of Valley View Street in Cypress. You need not be a Cypress resident to participate in these free programs. For more information or reservations please call (714) 229-2005. Information about other services at the Cypress Senior Center may also be found on the Cypress Recreation & Community Services' website at www.cypressrec.com.

BLOOD PRESSURE SCREENINGS

Glenda Papa, R.N.

Fridays, January 13th, 20th, and 27th

10:00 – 11:30 am

Free. Walk-in.

BEREAVEMENT SUPPORT GROUP

Wednesdays - Ongoing 1:00 - 2:30 pm

Linda McMahon, MS, MA

Bereavement Manager, VITAS Innovative Hospice Care of O.C.

Anyone who has lost a loved one is welcome to attend this group to have an opportunity to safely share your grief experiences. This program includes discussion on the grief process, life after loss, depression, loneliness, and positive transitions.

Free. Walk-in.

CALIFORNIA TELEPHONE ACCESS PROGRAM - CTAP

Thursday, January 5th 10:00 - 11:30 am

California Communications Access Foundation

Californians who are deaf, hard of hearing, speech disabled, blind, or who have low vision, cognitive impairments or restricted mobility are eligible to receive equipment from CTAP. Eligible customers can receive equipment absolutely free. Find out if you qualify and how to apply.

Free. Walk-in.

LIVING WITH DIABETES

Tuesday, January 17th 10:30 - 11:30 am

Judy Velarde, Community Outreach, SCAN Health Plan

Diabetes is a serious life-long disease. It cannot be cured, but it can be controlled. Come and learn the basic facts about diabetes, what you can do to manage the disease and tips for living with diabetes.

Free. Reservations recommended.

SLEEP DISORDERS

Thursday, January 19th 10:30 - 11:30 am

Sleep Disorder Relief Foundation

Sleep is a vital component to our health and safety. A sleep disorder is recognized as a serious health problem that could cause further complications for people with heart disease, diabetes, hypertension and depression. In some cases, a severe sleeping disorder can lead to a stroke or heart failure. Sleep disorders can be treated, and in many cases, these other ailments can be reversed as well.

Free. Reservations recommended

MEMORY & LEARNING

Tuesday, January 24th 10:30 - 11:30 am

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Learn about the types of memory, how memory works, and how to help keep your memory. Dr. Rogers will also discuss dementia, ADHD, and other issues that affect the brain and brain function.

Free. Reservations recommended.

GLUCOSE SCREENING

Wednesday, January 25th 9:00 - 11:00 am

Marilyn Geller, PHN

Adult Public Health Nursing Services

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches, and other food into energy needed for daily life. The glucose test is used to evaluate blood sugar levels, which can indicate your diabetes risk. Fasting (water only) provides a more accurate reading. Supplies provided by Walgreen's in Cypress.

Free. Appointment required.

ASK THE PHARMACIST

Wednesday, January 25th 9:00 - 11:00 am

Lyly Vu, Pharmacist, Walgreen's Cypress

This is your opportunity to talk to the pharmacist with any questions about your medications. A blood pressure screening will also be available.

Free. Walk-in.

CAREGIVER RESOURCE CENTER

Thursday, January 26th 10:30 - 11:30 am

Karin Little, Caregiver Resource Center

Caring for a loved one with a cognitive disorder or another disabling condition forever changes the lives of families and caregivers. Learn about the free and low cost family services offered through the Caregiver Resource Center.

Free. Walk-in.

FINANCIAL NEW YEAR'S RESOLUTIONS

Thursday, January 26th 10:30 - 11:30 am

Society for Financial Awareness (SOFA)

Do you know what you're doing when you invest? The U.S. Economy is heating up - learn how to grow your money wisely. Learn why "down" markets create investment opportunities for the wise investor. SOFA is a non-profit organization whose mission is to enlighten the public through financial education.

Free. Reservations recommended.

THE SCAN VAN IS COMING!

STROKE SCREENING

Friday, January 27th 9:00 - 11:30 am

SCAN will provide a Stroke Screening. The carotid artery/stroke screening procedure is simple, painless, and non-invasive. Ultrasound technology is used to see images of the carotid arteries and measure the blood flow through these vessels. The amount of plaque buildup in the arteries and the speed of the blood flow are indicated.

Free. First-come; first-served for screening.

On board the SCAN Van you can play Wii bowling, utilize the health knowledge resource library, and access 20 different computer based brain games!

MEMORY SCREENING

Tuesday, January 31st 9:00 am - 12:00 pm

Pharmacology Research Institute (PRI)

A memory screening makes sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. PRI believes in the earliest possible intervention and encourages anyone with a memory complaint to be evaluated at this screening by one of their highly experienced team members.

By appointment only. Allow 30 minutes for your appointment.