

# PRESS RELEASE

## Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: September 27, 2011

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SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR  
CENTER FOR OCTOBER 2011

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](http://www.cypressrec.com).

### BLOOD PRESSURE SCREENINGS

Glenda Papa, R.N.

Mondays, October 3rd, 10th, 17th, 24th and 31st

10:00 - 11:30 am

Free. Walk-in.

### CSULB School of Nursing

Wednesday, October 12th

Fridays, October 7th and 14th

8:30 am - 12:00 pm

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, October 6th 10:30 am - 12:00 pm**

**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.**

## **BUILD STRONGER BONES AT ANY AGE**

**Tuesday, October 11th 10:30 - 11:30 am**

**Jeannie Herbst, Nursing Student, School of Nursing at CSULB**

**Osteoporosis is often called the “silent disease” because bones can become porous and fragile without obvious symptoms, increasing the risk for fractures. Half of all women over the age of 50 will break a bone because of osteoporosis and about one fourth of all men will, too. However, osteoporosis doesn’t have to slow you down! Come learn about nutrition and exercise tips that will help you avoid these kinds of injuries. Join us for a sample of an osteoporosis-friendly dessert, cherry compote with vanilla ice cream.**

**Free. Reservations recommended.**

## **SENIOR-PRENEUR**

**Thursday, October 13th 10:00 - 11:30 am**

**Nancy Levy, Senior Shopping Guide**

**Are you retired and interested in starting your own business? Seniors and Boomer 50+ are part of the top demographic in starting new businesses. Learn from Nancy Levy how you can use your extensive background, professional skills and life experiences to start a new business. Meet professionals from Senior and Boomer Shopping Guide who can help you realize your business dream.**

**Free. Reservations recommended.**

## **MEMORY SCREENING**

**Monday, October 17th 9:30 - 11:30 am**

**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.**

**Free. Appointment required.**

## **PREVENTING SENIOR FRAUD**

**Thursday, October 20th 10:30 - 11:30 am**

**Society for Financial Awareness (SOFA)**

**According to the Federal Trade Commission nearly 25 million Americans are victims of consumer fraud each year. Studies have shown that seniors are more at risk to be targeted by scams. Con artists believe that seniors are vulnerable and more susceptible to their tricks. Learn to be a shrewd and savvy consumer. SOFA is a non-profit organization dedicated to providing information and education on financial issues.**

**Free. Reservations recommended.**

## **THE IMMUNE SYSTEM AND ITS RELATIONSHIP TO JOINT PAIN**

**Tuesday, October 25th 10:30 - 11:30 am**

**Dr. Will Rogers**

**Seacrest Health & Wellness Center**

**You probably know that the immune system helps protect against diseases and germs that attack the body. But you may not be aware that it can also play a role in the development of certain types of arthritis. Learn more about this topic from Dr. Rogers.**

**Free. Reservations recommended.**

## **HEMOGLOBIN SCREENING**

**Wednesday, October 26th 8:00 - 10:00 am**

**Marilyn Geller, PHN**

**Adult Public Health Nursing Services**

**Hemoglobin is a protein in your red blood cells that carries oxygen to your body's organs and tissues and transports carbon dioxide from your organs and tissues back to your lungs. If a hemoglobin test reveals that your hemoglobin level is lower than normal, it means you have a low red blood cell count (anemia).**

**Free. Appointment required.**