

# PRESS RELEASE

## Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: November 1, 2011

CONTACT: Joan Bardin  
(714) 229-2005

SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR  
CENTER FOR NOVEMBER 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, November 7th, 14th, 21st and 28th

10:00 - 11:30 am

Free. Walk-in.

### CSULB School of Nursing

Thursday, November 3rd

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, November 3rd 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.**

### **BECOME AUTO REPAIR SAAVY**

**Monday, November 7th 10:30 - 11:30 am**

**Cynthia Girard, Fair Auto**

**Do you know what to expect when you take your car to an auto repair shop? Do you panic when the "Check Engine" light comes on? Learn about what to do and not do regarding your vehicle, what to expect and what your rights are regarding service to your vehicle.**

**Free. Reservations recommended.**

### **CAREGIVING INCLUDES CARING FOR ME**

**Tuesday, November 8th 10:30 - 11:30 am**

**Karin Little, Caregiver Resource Center**

**November is National Family Caregivers Month**

**If you are a caregiver, join Karin Little to learn what resources are available, where to find support, and why and how caregivers need to care for themselves, also. Door prizes include two autographed books on caregiving by Denise M. Brown. Snack provided.**

**Free. Reservations recommended.**

### **LONG TERM CARE INSURANCE**

**Monday, November 14th 10:30 - 11:30 am**

**Isabel Barajas, Associate Insurance Compliance Officer**

**California Dept. of Insurance**

**Long-Term Care Insurance is designed to pay or reimburse covered long-term care costs. It is very important to understand the coverage provided and how benefits will be paid/reimbursed before you purchase a Long-Term Care Policy. This program is informational only and presented by the California Dept. of Insurance.**

**Free. Reservations recommended.**

### **VERTIGO: KEEPING YOUR BALANCE IN A SPINNING WORLD**

**Tuesday, November 15th 10:30 - 11:30 am**

**Dr. Will Rogers, Functional Neurologist**

**Seacrest Health & Wellness Center**

**Vertigo is the feeling that you or your environment is moving or spinning. Learn about causes, treatment and how to cope with this condition.**

**Free. Reservations recommended.**

## **MEDICARE BASICS**

**Wednesday, November 16<sup>th</sup> 10:30 – 11:30 am**

**Emmanuel Alvarez, Humana**

**Change is inevitable with Medicare, and that applies to the benefits you get, the cost of those benefits, the deadlines for signing up or switching plans. Learn about the upcoming changes for Medicare 2012. This is an informational only program.**

**Free. Reservations recommended.**

## **FINANCIAL BLUNDERS**

**Thursday, November 17<sup>th</sup> 10:30 – 11:30 am**

**Society for Financial Awareness (SOFA)**

**Learn when and how to deal with stock and stock options, and how to preserve and protect your assets against a plunging market. SOFA is a non-profit organization dedicated to providing information and education on financial issues.**

**Free. Reservations recommended.**

## **KNOW YOUR RIGHTS!**

**Tuesday, November 22<sup>nd</sup> 10:00 – 11:30 am**

**Carl H. Leiter**

**Entitlement Advocate; Retired Attorney**

**Learn about your rights with the new Social Security Title XIX Government Funds to pay for private nursing home costs. Learn how to protect your home and other assets, and how to keep your savings without “spending down.” Other topics include: how to understand your Revocable Living Trust, General Durable Power of Attorney, and how to make the healthcare system work for you!**

**Free. Reservations recommended.**

## **FLU SHOT CLINIC**

**Tuesday, November 29<sup>th</sup> 8:30 – 10:30 am**

**Flu shots will be administered by nurses from Adult Public Health Nursing Services (APHNS) through the Orange County Health Care Agency. In order to receive the vaccine at this clinic you must either be age 50 or older or have a chronic health condition such as asthma, diabetes, or heart and lung disease. Supply of the vaccine is limited and available free of charge on a first-come, first-served basis. Flu shots will be available from 8:30 to 10:30 am or until the vaccine allotment is gone. The current vaccine will protect against the most common viruses, including the H1N1 virus.**

**Free. First-come/First-served.**

**MEDICARE ANNUAL ELECTION PERIOD INFO FAIR**

**Tuesday, November 29th 8:30 - 11:30 am**

**During the period from October 15th to December 7th is the Medicare Open Enrollment Period. During this time individuals may change plans or enroll in a Prescription Drug Plan or a Medicare Advantage Plan. Sales representative from health plans will be present with information regarding 2012 benefits and applications. This is your opportunity to ask questions and get all of the information you need to decide what plan is right for you.**

**Free. Walk-in.**

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