

# PRESS RELEASE

## Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: November 28, 2011

CONTACT: Joan Bardin  
(714) 229-2005

SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR  
CENTER FOR DECEMBER 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, December 5th, 12th and 19th

10:00 - 11:30 am

Free. Walk-in.

### CSULB School of Nursing

Thursday, December 1st

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.

### **CHRISTMAS COOKIES, HORMONES & DIABETES**

**Tuesday, December 6th 10:30 - 11:30 am**

**Dr. Will Rogers, Functional Neurologist**

**Seacrest Health & Wellness Center**

**Learn how what you eat affects how you feel and affects how well your body functions. Free. Reservations recommended.**

### **HOLIDAY BLUES**

**Thursday, December 8th 10:30 - 11:30 am**

**Jackie Curtin, Director, Psychiatric Dept.**

**Anaheim General Hospital**

**The holidays are supposed to be a joyful time of good cheer and optimistic hopes. Yet it is not unusual for many of us to feel sad or lonely during the holiday period. Learn ways to cope with the sadness and anxiety that may occur during the holidays. Free. Reservations recommended.**

### **CALIFORNIA TELEPHONE ACCESS PROGRAM - CTAP**

**Thursday, December 8th 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.**

### **TIPS TO EATING HEALTHY DURING THE HOLIDAYS**

**Wednesday, December 14th 10:30 - 11:30 am**

**Jane Herin, PHN**

**Adult Public Health Nursing Services (APHNS)**

**During the holiday season we are tempted by all sorts of wonderful foods, sweets and beverages. We tend to forget about our health and diet that we are obsessed with during the rest of the year. Learn about the many ways in which you can strike a balance between maintaining a healthy diet while still joining in the fun and festivities. Free. Reservations recommended.**

### **GENERIC VERSUS BRAND NAME DRUGS**

**Monday, December 19th 10:30 - 11:30 am**

**Bill Liu, Pharmacist**

**Orange County Health Care Agency**

**Many people become concerned because generic drugs are often substantially cheaper than the brand-name versions. How does the safety, quality, and effectiveness compare? Learn more about this topic from pharmacist, Bill Liu. Free. Reservations recommended.**