

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: January 8, 2016

CONTACT: Joan Bardin, Recreation Coordinator
(714) 229-2005

SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR
CENTER FOR JANUARY 2016

The following programs will be offered at the Cypress Senior Center. You do not need to be a Cypress resident to participate in these free programs. Reservations are required, unless otherwise indicated. For more information or reservations please call (714) 229-2005.

BLOOD PRESSURE SCREENINGS

Glenda Papa, R.N.

Fridays - January 15, 22 and 29

10:00 - 11:30 am Free. Walk-in.

ALL ABOUT YOUR THYROID

Monday, January 11 10:30 - 11:30 am

Bill Liu, Pharmacist

Orange County Health Care Agency

The thyroid is a gland with important functions such as helping regulate the heart rate, blood pressure, body temperature, and the rate at which food is converted into energy. But things may go wrong with the thyroid gland. This program will discuss this interesting gland and what medications and treatment are used to manage some of the common thyroid disorders.

KEEPING YOUR BRAIN YOUNG

Tuesday, January 12 10:30 - 11:30 am

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Are you struggling everyday just because you can't remember where you put your car keys? Are you having a hard time remembering people's names, phone numbers and addresses? Your memory doesn't always work perfectly. As people grow older, it may take longer to retrieve information. Learn about how memory works and how you can improve it.

LAUGHTER YOGA

Thursday, January 14 10:00 - 11:30 am

Jeffrey Briar, Director

Laughter Yoga Institute, Laguna Beach

Sponsored by MemorialCare Medical Group

Laughter Yoga is a unique new practice of laughter as a form of exercise, free of the need for jokes or comedy. Yogic breathing techniques are integrated with intentional laughter practices, resulting in numerous benefits to physical and emotional health. Participants live life more joyfully and are better able to cope with whatever stresses life may bring.

AGING WITH VISION LOSS

Tuesday, January 19 10:30 - 11:30 am

Paul Brennan, Living Skills Instructor

Dayle McIntosh Center

Paul Brennan will talk about various activities of daily living, and will discuss different devices and techniques to manage those daily living skills if you have a vision loss. There will be examples of assistive technology such as a voice recorder, tactile markings, and talking prescription identifier. There will be information on the unique "Aging With a Vision Loss" program that offers one-on-one services in-home at no charge.

NEW SOLUTIONS TO ELIMINATE JOINT PAIN

Wednesday, January 20 10:30 - 11:30 am

Dr. Elizabeth Weidlich

Vitality Chiropractic Wellness

Nearly 90 million Americans experience some type of chronic pain, but are unaware of treatment options outside of medications and surgery. Information will include: the true cause of chronic pain, why people have varying thresholds of pain, natural treatment options, nutrition information on inflammation, and more!

NEW YEAR'S FINANCIAL RESOLUTIONS

Thursday, January 21 10:30 - 11:30 am

Michael DePaul

Society for Financial Awareness (SOFA)

Have you resolved to start getting your investments in order? If so, this presentation will provide information on deciding what investments are right for you, improving the role that cash plays, dealing with your taxes and required minimum distributions. Learn more about stocks, bonds and mutual funds.

HEARING HEALTH

Monday, January 25 10:30 - 11:30 am

Randy Romberg, Hearing Specialist

Zounds, Seal Beach

Living a full life can take a toll on our hearing as we age. Randy Romberg, Hearing Specialist, will present an eye-opening slide show that explains how hearing loss occurs, how to cope and even help you determine if you have hearing loss yourself. This interactive session will answer all of your questions.

CAPTION PHONES

Monday, January 25 10:30 am - 12:00 pm

Danna Collins, ClearCaptions

Learn about this federally funded program that provides a free caption phone for anyone with a hearing loss. Danna Collins from ClearCaptions will be available at an information table in the Galleria to demonstrate the phone and answer questions. Walk-in.

EAT YOUR FAT!

Tuesday, January 26 10:00 - 11:30 am

Monica Villareal, My True Health Center

Monica Villareal will talk about the historical reasoning behind the low fat campaign that began in the 1980's. She will discuss "good fat" versus "bad fat" and how it affects your blood, how much fat you should eat in a day, and healthy fat choices.

ENERGY SAVINGS ASSISTANCE PROGRAM

Thursday, January 28 10:30 - 11:30 am

Julie Nguyen, Outreach Specialist

Quality Conservation Services, Inc.

The Energy Savings Assistance program provides no-cost weatherization services to low-income households who meet the income guidelines. Services provided include attic insulation, energy efficient refrigerators, energy efficient furnaces, weatherstripping, and more. Learn about the services, qualifications and how to apply.

CAREGIVER RESOURCE CENTER

Thursday, January 28 10:00 - 11:30 am

The Caregiver Resource Center will be available at an information table in the Galleria to provide information about their services which include family consultation, assessment, care planning, counseling, referrals for resources, psycho-educational seminars, and more. Walk-in.