

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: January 27, 2016

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

SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR
CENTER FOR FEBRUARY 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 - February 5, 12, 19 and 26

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

CALIFORNIA TELEPHONE ACCESS PROGRAM - CTAP

Thursday, February 4 10:30 am - 12:00 pm

Andie Squires, Outreach Specialist

CA Communications Access Foundation

Californians who are deaf, hard of hearing, speech disabled, blind, 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.

THE BRAIN/HEART CONNECTION

Tuesday, February 9 10:30 - 11:30 am

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Did you know the right cortex of your brain is more concerned with the rate of your heart, and your left cortex is more concerned with the rhythm of your heart? Did you know that CoQ10 can give you more cardiovascular stamina? Learn these and many more amazing things about your heart health.

MUSIC THERAPY: IT'S MORE THAN A SING-ALONG

Thursday, February 11 10:00 - 11:00 am

Marce Muller, MT-BC

Music Therapist - Board Certified

Legacy Music

Come meet Marce and her passion for using and sharing music as a therapeutic tool. This demonstration will be interactive, engaging, and memorable. Learn about music therapy through a hands-on approach that will leave you wanting more...MUSIC!

KNOW YOUR RIGHTS

Tuesday, February 16 10:00 - 11:30 am

Carl Leiter, 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.

REVERSE MORTGAGES

Thursday, February 18 10:30 - 11:30 am

Michael DePaul

Society for Financial Awareness (SOFA)

Is what you know about reverse mortgages fact or fiction? Much has changed in recent months. HUD has implemented new safeguards to protect you and your heirs. How do these changes benefit you? For example, a spouse not yet 62 can now have the benefit of no mortgage payments. Do you know that in addition to refinancing into a reverse mortgage, you can also use it to buy a new home? Find out how.

COFFEE WITH AN EXPERT

Monday, February 22 10:00 - 11:00 am

Vivian Silver, MS

Clinical Exercise Physiologist

Long Beach Memorial Hospital

Regular physical activity can improve an individual's mental health and cognitive function, as well as physical well-being and quality of life. Learn about the principles of safe exercise to make your workouts fun, safe and effective. This is your opportunity to ask questions and have a conversation with an expert!

TURN PAPER PILES INTO ORGANIZED FILES

Tuesday, February 23 9:30 - 11:30 am

Barbara Langdorf, Quantum Leap

If you are staring at a pile of paperwork, Professional Organizer Barbara Langdorf will teach you how to set up the perfect filing system. You will leave with your own filing kit and the confidence to tackle any piece of paper. All supplies are provided. Reservations required. Space is limited to 26 participants.

ANEMIA/OXYGEN LEVEL SCREENING

Wednesday, February 24 10:00 - 11:30 am

HealthCare Partners Medical Group

Anemia is a decrease in number of red blood cells or less than the normal quantity of hemoglobin in the blood. This non-invasive test will tell you your hemoglobin level to see if you are anemic. You will also learn the oxygen level of your blood. Free. Walk-in; first-come, first-served.

CHOLESTEROL

Thursday, February 25 10:30 - 11:30 am

Dr. Kathleen Trivich, Pioneer Medical Group

Your total cholesterol is made up of two different types of cholesterol, known as “good” cholesterol and “bad” cholesterol. It is important to understand what your cholesterol is comprised of and what your risks are when your “bad” cholesterol is too high and your “good” cholesterol is too low. Learn from Dr. Trivich how to control your cholesterol.

MEDICATION SAFETY

Monday, February 29 10:00 - 11:00 am

Beth Yetzer, RN

HealthCare Partners Medical Group

Beth Yetzer, RN, will provide information about making your medication list, how to safely take, store, and destroy medications, talking about medications with your healthcare teams, and knowing the difference between allergies, side effects, and interactions of medications.

The Cypress Senior Center is located at 9031 Grindlay Street, just south of Lincoln Avenue and about a mile west of Valley View Street in Cypress. Information about other services at the Cypress Senior Center may also be found on the Cypress Recreation & Community Services' website at www.cypressrec.com.