

# PRESS RELEASE

## Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: March 2, 2016

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(714) 229-2005

SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR CENTER FOR MARCH AND APRIL 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 - March 4, 11, 18 and 25

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

### CALIFORNIA TELEPHONE ACCESS PROGRAM - CTAP

Thursday, March 3 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.

### ARCH MADNESS

Tuesday, March 8 10:30 - 11:30 am

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Poor arches in your feet may sometimes lead to pain, weakness and imbalance. Restoring and supporting existing arches in your feet can therefore improve your balance. Learn more about fall prevention and your arches from Dr. Rogers.

### **SPRING ORGANIZING**

**Thursday, March 10 10:00 – 11:30 am**

**Organizers Network of Orange County**

**Along with Spring comes thoughts of crisp, fresh air, newly budding flowers, singing birds and a sense of renewal. Getting organized and doing a bit of spring cleaning, helps to bring that wonderful fresh feeling into your home and office. Learn from members of the Organizers Network of OC tips to help you start the season off right.**

### **ENHANCING QUALITY OF LIFE THRU HOSPICE CARE**

**Tuesday, March 15 10:30 – 11:30 am**

**Julie Voelz, LVN, Hospice Liaison**

**Hospice Care of the West**

**Topics which will be discussed include: What is hospice care, the hospice philosophy, curative care vs. comfort care, the hospice team, who is eligible for hospice and who pays. Julie Voelz will also talk about the myths of hospice.**

### **STRESS, HORMONES AND YOUR HEALTH**

**Wednesday, March 16 10:30 – 11:30 am**

**Dr. Elizabeth Weidlich**

**Vitality Chiropractic Wellness**

**Learn about: why it's hard to lose weight, why your lab tests may be normal but you still have symptoms, what body type you have related to hormones and how to upgrade your health.**

### **ESTATE PLANNING**

**Thursday, March 17 10:30 – 11:30 am**

**David Smart, Attorney**

**Society for Financial Awareness (SOFA)**

**Don't let lawyers, the government or the courts decide what to do with your money and your assets! Learn from this presentation about: Changes in estate law, the purpose of estate planning, distribution of estate, wills, trusts, avoiding probate, and specific estate planning strategies.**

### **PUTTING IT ALL TOGETHER!**

**Tuesday, March 22 10:00 – 11:30 am**

**Jo Britton and Lynn Wilton**

**Knowing your basic body shape and understanding the types of clothes that will accentuate your good features will help you look your best. This program will help you understand your figure type. You will learn how to enhance your appearance by wearing the correct style for you.**

**MANAGING YOUR DEBT AND  
BUILDING YOUR EMERGENCY FUND**

**Wednesday, March 23 10:00 – 11:30 am**

**John Reese, Instructor**

**Heartland Institute of Financial Education**

**Learn about the types of debt, common mistakes most people make, seven steps to being debt-free, plus the purpose of an emergency fund, ways to cut expenses and increase savings to build an emergency fund.**

**SLEEP APNEA**

**Thursday, March 24 10:30 – 11:30 am**

**Dr. Don Wood, DDS**

**Obstructive sleep apnea is a common disease in America today. It is estimated that 50 percent of the population has some symptoms of this disease. Traditional methods for treatment have not been entirely successful. Dr. Wood will present some new, effective ways to treat this common disease.**

**CAREGIVER RESOURCE CENTER**

**Thursday, March 24 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.**

**MOVING TIPS**

**Monday, March 28 10:00 – 11:00 am**

**Robert Saunders, College Movrs'**

**Moving can be stressful, but it doesn't have to be. Planning your move can help. Learn some steps to help reduce your stress and make moving simple.**

**HEALTHY OMELETS**

**Tuesday, March 29 10:00 – 11:30 am**

**Chef Tony, Victor – Emerald Court**

**An omelet makes a great breakfast, lunch, or dinner. When prepared correctly, they are fluffy and soft, and can be made really healthy. Chef Tony and Victor will show you ways to create yummy, healthy omelets for any meal. Space is limited to 30 people. Make your reservation today!**

**STROKE AND STRESS LECTURE  
WITH SCREENINGS**

**Thursday, March 31**

**Stroke Lecture 9:30 - 10:30 am**

**Abdominal Aortic Aneurysm Screening and Blood Pressure 10:30 am - 12:00 pm**

**RTH Stroke Foundation**

**Stroke is the fifth cause of death and a leading cause of serious, long term disability in America. Learn about risk factors, warning signs, how stress is related to strokes and how to manage stress to help prevent a stroke. You MUST attend the lecture to receive the screenings. Maximum for screening sign-up is 35; waiting list people will be seen as time permits.**

**SPRING MAKEOVERS**

**Tuesday, April 5 10:00 - 11:30 am**

**Stephanie Scott, Senior Sales Director**

**Mary Kay Cosmetics**

**Enjoy a Spring Pampering with Mary Kay makeovers! Relax with a Satin Hands and Satin Lips treatment, and experience the wonders of great skin care by trying cleanser and moisturizers. See yourself in a new lipstick or eye shadow with their Dash-Out-The Door look! Free gifts for everyone and a chance to win a \$75 gift basket. Seating is limited!**

**HEARING SCREENING**

**Wednesday, April 6 9:30 - 11:30 am**

**Hearing Screening Provided by**

**Sam Moghadam - Ascent Hearing Center**

**Hearing Instrument Specialist, Sam Moghadam, will offer a hearing screening. If you have any questions about your hearing, now is the time to get a hearing check-up with this free service. If you have a hearing aid, Mr. Moghadam will check and clean it for you.**

**FALL RISK ASSESSMENTS**

**Thursday, April 7 10:00 - 11:30 am**

**David Sandhu, RN**

**Nurse Next Door Home Care Services**

**Falls can result in disability, chronic pain, loss of independence, reduced quality of life and even death. The most striking fact, though is, that most falls are preventable. This screening provides a comprehensive assessment of your mobility and gait, and your likelihood of falling. Allow 10 minutes for your appointment. Limited availability.**

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