

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: June 6, 2016

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SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR CENTER FOR JUNE 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.

Friday, June 24

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

ADAPTING YOUR HOME TO YOUR NEEDS

Monday, June 13 10:30 - 11:30 am

Beth Yetzer, RN

HealthCare Partners Medical Group

As we mature, we may need to change the way we do things around our homes. This program discusses products, services, and resources available to adapt your home to your needs.

VERTIGO

Tuesday, June 14 10:30 - 11:30 am

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Vertigo is a sensation that feels like the world around you is spinning. Learn from Dr. Rogers how aging affects the vestibular system. He will explain why keeping your balance and understanding how the system works is so important to maintaining your independence and self-esteem.

FINANCIAL BLUNDERS

Thursday, June 16 10:30 - 11:30 am

Michael DePaul

Society for Financial Awareness (SOFA)

Topics to be covered include: When and how to deal with stock and stock options; how to preserve/protect assets against a plunging market; the bank - is it really the place to save money? How truly naïve we are in understanding the market; how to avoid losing up to 40 percent of your assets and how to prevent strangers becoming guardians of your estate.

KNOW YOUR RIGHTS

Tuesday, June 21 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.

BRAIN HEALTH CHECK-UP

Wednesday, June 22 9:00 - 11:30 am

Pharmacology Research Institute (PRI)

Appointment Required!

Alzheimer’s begins to develop 10 to 20 years before a person is diagnosed. Pharmacology Research Institute (PRI) will be offering a no-cost Memory Screening to assess your “Brain Health” as it relates to Normal Aging, Mild Cognitive Impairment, and Alzheimer’s disease. Don’t miss this opportunity!

MANAGING STRESS

WHILE CARING FOR A LOVED ONE

Thursday, June 23 10:30 - 11:30 am

Tanya Brown, VITAS HealthCare

Vernon Atwood, Right At Home

As a family caregiver, the better you take care of yourself, the better care you can give. With this program you will understand the top sources of stress, learn the effects of stress, determine your level of stress and practice coping skills and healthy behaviors.

VASCULAR SCREENING

Monday, June 27 9:30 - 11:30 am

Beverly Garden Medical Group

This is a free vein disease and varicose vein screening provided by Beverly Garden Medical Group. There will be a brief physical exam of your legs plus an Ultrasound Screening that will be performed by a Certified Vascular-Trained Ultrasound Technician. Walk-in. First-come, first-served. Limited availability.

OPTIONS FOR SENIOR CARE

Tuesday, June 28 10:30 - 11:30 am

Stephen Huber, Home Care Providers

Learn about the various options for senior care as you move into the next steps of your life. Stephen Huber will cover everything from adult day care to assisted living and beyond.

ANEMIA AND OLDER ADULTS

Thursday, June 30 10:30 - 11:30 am

Dr. Kathleen Trivich, Pioneer Medical Group

Almost ten percent of the older population is currently anemic, which can be a very serious problem for older adults. Oftentimes, an individual does not realize the problem exists until it has become critical. Join Dr. Trivich for a lecture on anemia, and learn about the different types of anemia and current treatment options.

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.