

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: June 29, 2016

CONTACT: Joan Bardin, Recreation Coordinator

(714) 229-2005

SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR CENTER FOR JULY 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, July 1, 8, 15, 22 and 29

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

CALIFORNIA TELEPHONE ACCESS PROGRAM - CTAP

Thursday, July 7 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.

MEMORY AND LEARNING

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

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Although some aspects of memory and processing change as people get older, simple behavior changes can help people stay sharp for as long as possible. Learn about how memory works and how you can improve it.

WATER FOR THE ROAD

Tuesday, July 12 10:30 am - 12:00 pm

Beatriz Sereno, Nurse Health Educator

Independence at Home

A SCAN Community Service

Did you know that water contributes to everything from a healthy glow to your skin, to transporting oxygen and nutrients to your body's cells? Visit Beatriz Sereno's information table in the Galleria to receive a water tumbler, water and information about the benefits of drinking water. No reservations ; walk-in.

ANCIENT REMEDIES

Thursday, July 14 10:30 - 11:30 am

Vernon Atwood, Right At Home

Tanya Brown, VITAS Health Care

Vernon Atwood and Tanya Brown will explore new forms of healthcare with ancient origins. There are many ways to incorporate natural remedies into your life. Learn how you can use holistic exercises to keep the body physically fit, and help you stay relaxed and spiritually balanced.

HEADACHES VERSUS MIGRANES

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

John Nguyen, CSA - CNS Network

When there is pressure or pain in your head, it can be difficult to tell whether you are experiencing a typical headache or a migraine. John Nguyen will speak on prevention and treatment options.

ONE-CARE CONNECT

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

Lisa Nguyen

Community Relations Specialist, CalOptima

Learn important information about CalOptima's newest health plan for people with both Medicare and Medi-Cal coverage. There will be information on how the MediConnect Plan combines both plans into one easier-to-use plan, and about the services and support that are available.

AVOIDING SENIOR SCAMS

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

Michael DePaul

Society for Financial Awareness (SOFA) Scams and schemes are a criminal's "bread and butter." If you have a computer, a telephone, or a mailbox, you could become a victim. Your best defense is to know how to recognize a scam—there are new ones all the time! Learn to be a shrewd and savvy consumer!

INVESTMENTS

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

John Reese, Instructor

Heartland Institute of Financial Education

Learn about investment options, asset categories, risk versus return. and investment strategies. Explore your investment profile and calculate your score.

FOCUS ON DIABETES: LET'S GET SERIOUS!

Wednesday, July 27 10:00 - 11:30 am

Candice L. Fagan, LVN

InterValley Health Plan

Candice Fagan, LVN and Health Educator, will provide an in-depth look at diabetes and how it affects the body. In this class you will also gain useful tools and tricks to carb counting and meal planning. Learn to control your diabetes before it controls you!

CAREGIVER RESOURCE CENTER

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

The Caregiver Resource Center will be available 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.

EATING HEALTHY

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

Dr. Jeffrey Tipton, AppleCare Medical Group

Healthy eating is about feeling great, having more energy, improving your outlook, and stabilizing your mood. Learn simple tips so you can create a tasty, varied, and healthy diet that is as good for your mind as it is for your body.

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.