

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: July 27, 2016

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SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR CENTER FOR AUGUST 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, August 5, 12, 19 and 26

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

CALIFORNIA TELEPHONE ACCESS PROGRAM - CTAP

Tuesday, August 2 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.

FIBROMYALGIA

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

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Fibromyalgia is a chronic pain disorder, characterized by widespread aches, pain and stiffness. It also can give soft tissue tenderness, general fatigue, and sleep disturbances. Learn more about this disorder and the current treatments available.

THE EMOTIONS OF AGING

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

Tanya Brown, VITAS Health Care

Vernon Atwood, Right At Home

Aging is a mindset; it's important to make the decision to be as healthy, mobile and serene and appreciative as you can. In this Feel Grand video, Rear Admiral Susan Blumenthal, M.D., former U.S. Assistant Surgeon General, talks about getting the most out of this chapter of life, the feelings—for good and bad—that arise as we age, and how to make this stage of life meaningful and joyful. Tanya Brown and Vernon Atwood will offer practical information with a discussion opportunity.

ANTIOXIDANTS

Monday, August 15 10:30 - 11:30 am

Bill Liu, Pharmacist, OC Health Care Agency

Antioxidants are found abundantly in a variety of our foods while many are sold as dietary supplements. This program will define what antioxidants are, and discuss what role they are supposed to play in our daily lives, and what they can or cannot do for us.

KNOW YOUR RIGHTS

Tuesday, August 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.

TURN PAPER PILES INTO ORGANIZED FILES

Wednesday, August 17 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.

ESTATE PLANNING

Thursday, August 18 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.

BRAIN HEALTH

Tuesday, August 23 10:00 - 11:30 am

**Dr. Charles Wilcox, Executive Director
Pharmacology Research Institute**

Alzheimer's begins to develop 10 to 20 years before a person is diagnosed. Dr. Wilcox will offer an enlightening and interactive presentation pertaining to the latest research about "Brain Health," as it relates to Normal Aging, Mild Cognitive Impairment, and Alzheimer's Disease. Don't miss this unique opportunity - it may help you, your loved ones and future generations as well!

BREAKING NEWS: THE STAN CHAMBERS STORY

Wednesday, August 24 10:30 - 11:30 am

Stan Chambers, television pioneer and reporter for KTLA covered the "Breaking News" for sixty-three years. Come and relive some of the news and television events he covered such as: the Kathy Fiscus Story (the little girl who fell in the well), Frosty Frolics, soldiers returning from Korea, the Watts riots, John Glenn's second flight into space and much more. Meet Dave Chambers, Stan's son who will present highlights from this amazing career, and speak about his father.

WHEN SHOULD YOU WORRY ABOUT HEARTBURN?

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

Dr. Kathleen Trivich, Pioneer Medical Group

Heartburn is common, and an occasional episode is generally nothing to worry about. However, many people battle heartburn regularly, even daily. Frequent heartburn can be a serious problem, and is the most common symptom of gastroesophageal reflux disease (GERD). Join Dr. Trivich for information on the signs, symptoms, risk factors, and treatment options for GERD.

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.

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