

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: October 10, 2016

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SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR
CENTER FOR OCTOBER 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, October 14, 21 and 28

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

PERIPHERAL NEUROPATHY

Tuesday, October 11 10:30 - 11:30 am

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Peripheral neuropathy, a result of nerve damage, often causes weakness, numbness and pain, usually in your hands and feet, but it may also occur in other areas of your body. People generally describe the pain of peripheral neuropathy as tingling or burning, while they may compare the loss of sensation to the feeling of wearing a thin stocking or glove. Learn from Dr. Rogers about what this condition is, what the causes and symptoms are, and what current treatments are available.

HEALTHY EATING

Thursday, October 13 10:30 - 11:30 am

Sherlyn Lee, MS, RD, Registered Dietitian

HealthCare Partners Medical Group

We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of wellbeing. Join Sherlyn Lee, Registered Dietitian, for this fun and interactive program for healthy alternative for eating.

MINDFULNESS

Monday, October 17 10:30 - 11:30 am

Tanya Brown, MA, VITAS Health Care

Vernon Atwood, Right At Home

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Learn how the practice of mindfulness can bring many benefits to your emotional and physical health. It is an amazing tool for stress management and overall wellness because it can be used at virtually any time and can quickly bring lasting results.

KNOW YOUR RIGHTS

Tuesday, October 18 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.

STROKE & HIGH BLOOD PRESSURE

LECTURE & SCREENINGS

Wednesday, October 19

9:30 - 10:15 am- Lecture

10:15 am - 12:00 pm - Screenings

Speaker: Renee Mazeroll, RN, MSN

Los Alamitos Medical Center

Screenings by RTH Stroke Foundation

Learn how to control your blood pressure and reduce your risk for stroke. You must attend the lecture to receive both the carotid artery and blood pressure screenings. *Space is limited. Reservations required!*

RETIREMENT INCOME PLANNING

Thursday, October 20 10:30 - 11:30 am

Michael DePaul

Society for Financial Awareness (SOFA)

Topics in the program include: The impact of delaying retirement; early retirement; how to supplement fixed income sources such as social security and an employer pension with your retirement savings; what everyone ought to know about investing your IRAs and 401Ks.

VETERANS BENEFITS

Tuesday, October 25 10:30 - 11:30 am

Neta Wenrick, Community Outreach Coordinator

KNR Consulting Group, Inc.

Are you a Veteran or surviving spouse? You may be missing out on unclaimed financial reimbursement for home care or assisted living care. Learn more about these Veterans benefits.

MEDICARE INFO FAIR

Wednesday, October 26 9:00 - 11:30 am

Each year, when Medicare Open Enrollment comes around, it is the time to double-check your Medicare and prescription drug plans for the following year. Even if your current Medicare advantage plan and your drug prescription benefits are working for you, it's a good idea to check your plan every year. Attend the Medicare Info Fair, visit with participating health plans and medical groups to compare your current plan to other options available to you. No reservations required—walk-in.

CHOLESTEROL & GLUCOSE SCREENINGS

Wednesday, October 26 9:00 - 11:30 am

OptumCare

1 in 6 adult Americans have high cholesterol and don't know it. High cholesterol does not usually display symptoms, and it is a risk factor that can increase your chance of developing or suffering complications from serious health problems such as heart disease and stroke. The results will include the amounts of “good” and “bad” cholesterol. The glucose test screens for diabetes before signs and symptoms are apparent. A screening can be useful in helping to identify high blood sugar and allow for treatment before the condition worsens or complications arise. Walk-in; first-come, first-served. Limited availability.

CANCER PREVENTION

Thursday, October 27 10:30 - 11:30 am

Physician from Pioneer Medical Group

Join Pioneer Medical Group for an informative lecture which will provide the most up-to-date information on cancer prevention, hereditary risks, lifestyle changes and other topics on cancer prevention. Arm yourself with some lifesaving information.

MEDICARE ENROLLMENT CLINIC

Wednesday, November 2

9:00 am - 4:00 pm

HICAP through the Council on Aging

At a HICAP Medicare Enrollment Clinic you will learn about the new 2017 Medicare Health and Drug Plans, and receive unbiased Medicare counseling. A counselor will help you make sure you have the right health and prescription drug coverage that meets your needs. They will review your current plan and identify plans that can save you more, and help you maximize your Medicare unique benefits with the most cost-effective plan. *Appointment is required!*

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.