



Transportation: (530) 757-4408 Office: (530) 757-5696 Travelaires: (530) 753-4159
Volume XXXV, Number 6 Office Fax: (530) 758-0463 **June 2007**
 \$10.00/Year Subscription Email: seniorservices@cityofdavis.org www.cityofdavis.org/pcs/seniors/

SCD CELEBRATES FLAG DAY!

SCD members and their guests are invited to attend a very special Flag Day Celebration on **Tuesday, June 5 at 11:30 a.m.** preceding our traditional potluck buffet.



The program will feature an historical look at the United States flag, including a presentation of seven different flags used throughout our nation's great history. The presentation of flags will be provided by the Boy Scouts of America, Davis Troop #1985, and will be accompanied with patriotic music, played by Sheldon Dahl. We also want to encourage everyone to join in on a few sing-a-longs that will be led by a very special guest.

Free flags will be provided to the first 100 guests in attendance, and are provided by the Davis VFW Post #6949. Special thanks also go to Ted Puntillo, Veterans Services Administrator, and to

the Carmichael Elks Lodge #2013, who graciously allowed SCD to use their seven flags for this program, as well as providing handouts for the guest tables. Without their generous help and support, we could not make this wonderful program possible for our membership.

STUMBLING ABOUT IN EUROPE
The Adventures of a mom and her two teens

On **Friday, June 8 at 10:00 a.m.**, come and hear how intern Marie Biscoff and her kids tripped, slipped and fell headlong in love with Europe while negotiating Roman roads, wet marble staircases, and campgrounds full of chanting soccer fans. For six weeks last summer, the family backpacked through seven countries, slept in interesting, odd and alarming places and ate in restaurants only four times in four different countries.

The Davis Senior Center and the Elderly Nutrition Program will be closed on **Monday, May 28** due to the Memorial Day Holiday.

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK

The Senior Citizens of Davis monthly meeting and Potluck is planned for **11:30 a.m., Tuesday, June 5**. The potluck meal will be delayed slightly due to a special program this month on our Nation's Flag History. We encourage everyone to get here early so we can promptly begin at 11:30 a.m.

Members and guests attending the potluck meal are asked to bring your own utensils and a dish to serve about 6-8 people, based on the following schedule - A-G Desserts, H-N Salads, and O-Z Main Dishes. Those unable to bring a dish, may pay \$5.00 per person for the meal. Call 757-5696 if more information is needed.

SCD Board of Directors

President	Wes Penny
First Vice President	Liz Fisher
Second Vice President	Elisabeth Bogren
Secretary	Carolyn Simmons
Treasurer	Don Harting
Budget & Finance Chair	Carol Harting
Membership Chair	Barbara Hager
Social & Recreation Chair	Kelly Connelly
Sunshine Chair	Louise DeMasi
Kitchen Services Chair	Roger White, Past Pres.

IDEAS NEEDED FOR LOGO AND SLOGAN

The Board of Directors of SCD, Inc. would like to create a logo and slogan. That sounds easy but it isn't! SCD, Inc. would like to look more "21st Century" and reflect today's retirement lifestyle.

We hope to get some ideas from our members and others who read our Senior Scene newsletter. We hope to find something that can even be used on T-shirts. The slogan should express, in a few words, that we support the Senior Center as volunteers and donors.

All sketches and slogans when presented become the sole property of SCD, Inc. Ideas and drawings can be dropped off at the Senior Center office, or can be e-mailed to harting2@dcn.davis.ca.us. For further information please call Donald Harting at 756-4654.

SUNSHINE LADY

Sunshine Lady Louise DeMasi reports that for the last half of April and first half of May cards were sent to the following:

Get well cards to Lillian Richmond, Molly Bishay and Jane Pomeroy.

Thinking of You cards to Lillian Richmond, Elmo Candelo, Molly Bishay, Gonzalo Jimenez, Ruth Griggs, Bill Griggs, Therese Smith, Elaine Cooper, Mercedes McElwain, Phoebe Anderson, and Welles Henderson.

Sympathy card to family of Richard Burau, family of Henry Hersch, family of Edie Rose and family of Pauline Hedrick.

Contact Louise at 756-7278 if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer.

NEW MEMBERS FOR APRIL - MAY

Please join us in welcoming the following new SCD members: Marilyn Mansfield, Valerie Vann, Don & Wanda Kennedy, Bob & Karen Johnson, Evelyn Waterstraat, Christine Lehmann, Quin & Ann Denvir, Kurt & Toni Kallin, Joseph Griffin, Cordelia Birrell and Rita Eisenstat.

THE GIFT OF GIVING

We gratefully acknowledge the following groups for their contributions to the Senior Center Wishing Well:



Davis Dance Club	\$155
Davis Dynamos	\$ 10
Duplicate Bridge – Monday	\$ 71
Handy Helpers	\$ 20
Hem & Haw (SCD)	\$106
Information & Assistance	\$ 10
Internet Users	\$ 48
Mac Users Group	\$ 32
Medical Equipment Donations	\$128
Miscellaneous	\$256
Monday Nite Social Bridge	\$ 22
Nostalgics	\$ 12
Tap Dancers	\$ 30
Tuesday Pinochle	\$ 9
Total	\$2,443

Thank you for your continued support of our programs and services!

SPECIAL INTEREST GROUPS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, June 13, beginning at 11:30 a.m. social hour.** Our program will be presented by Pam Ogasawara from Washington, D.C. on food safety.

Members should bring a guest and their own table service, food to share or a donation of \$5:00. Members with last names beginning A-G salad, H-P dessert and Q-Z salad. Any questions call 753-0266.

BOOK REVIEW GROUP

Stan Forbes, owner of the Avid Reader at the Tower bookstore in Sacramento, will be meeting to share hot new reads with you on **Tuesday, June 19** beginning at **9:30 a.m.**



CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, June 1 & 15** beginning at **2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

GENEALOGY CLUB & LIBRARY

Our next meeting on **Monday, June 25** at **1 p.m.** will be a change of pace. Instead of a speaker, we're giving the members a chance to talk. Here's an opportunity to bring a family treasure to show the group or to tell us about your famous/infamous ancestor. If you've come across something strange or funny in your research, share it with the club. To add to the fun, we're having a raffle. We have a basket full of goodies and would welcome other items. If you'd like to donate something, call Lisa Henderson at 753-8943 to let her know. This is our last meeting before the summer break.

The Davis Genealogy Club library is open on **Wednesday and Friday from 1:00 to 4:00 p.m.** Library volunteers are available during these hours to help with questions. The library will maintain its schedule throughout the summer.

To learn more about the club you can visit our website at www.davisgenealogy.org. Guests are welcome at our meetings and the library is open to the public.

HEM & HAW

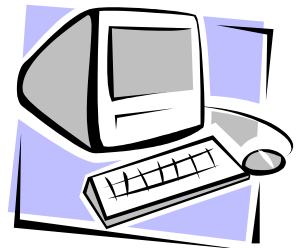
Do you like to knit, sew, crochet or quilt? Every **Wednesday afternoon from 1:00-3:00 p.m.**, why not come join others who share your passion? This free group is filled with good conversation & fellowship, with occasional food treats! For more information call Carol Harting at 756-4654.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, June 11.** The topic will be "Connecting with Friends and Family the Internet Way:" Text messaging, avoiding phone charges by audio conferencing, and SEEing is believing – all parts iChat on the Mac. Register for free with AIM [AOL Instant Messaging] to start and then connect with your "buddies" whenever you are both available. For more information call Carol Harting at 756-4654 or Lois Richter at 758-5058.

MAC USERS GROUP

This group meets on the second Tuesday of each month, from **6:30-8:30 p.m.** The next meeting will be held on **Tuesday, June 12.** For more information, call Eric Thompson at 758-3098.



RED HAT – DCS "ROCKERS"

Every third Friday, **June 15, from 1:00 – 3:00 p.m.** is Game Day. Bring a game several can play, learn new games from others, laugh and socialize. Members are asked to bring cookies. Coffee and tea will also be available.

SENIOR CITIZENS COMMISSION

The next regular meeting will be held on **Thursday, June 14** at **2:30 p.m.** Anticipated discussion topics to include senior housing and transportation needs. The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at www.cityofdavis.org/meetings

GREETINGS FROM THE FRIENDSHIP CAFE

MEAL HIGHLIGHTS

Come join us in the Friendship Café, **Monday through Friday at 11:30 a.m.** for good friends & great eats!



Friday, 6/8 "Best Friend's Day"

Invite your best friend to lunch and enjoy roast beef, baked potato w/sour cream, roll, veggie and dessert.

Wednesday, 6/14 "Flag Day" You're your red, white and blue as we pay homage to the U.S. Flag and its history. Our menu will feature chef salad, French roll and fruited sugar free gelatin.

Friday, 6/15 "Father's Day" Join us as we celebrate all the special men in our lives with meatloaf with gravy, whipped potatoes, stewed tomatoes, wheat roll and a special dessert!

Wednesday, 6/27 "Happy Birthday" Celebrate with a teriyaki chicken lunch, and of course, birthday cake!

Meal reservations should be made **no later than 12:00 noon** the day prior to attending. Meal reservations received less than 24 hrs in advance may not be available. For meal cancellations, please call at least 24 hrs in advance when possible. For further information, call 757-5696.

LUNCH FEES

Suggested Donation for seniors over age 60: \$2.50
Essential ENP Volunteers under age 60: \$3.00
Guests under age 60: \$6.25*

**unless accompanied by senior spouse*

HELPING OTHERS

We collect the following items in the front lobby of the senior center:

- **NUGGET MARKET RECEIPTS** (it's a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Talk to Christine Helweg if you would like to make a contribution to the Davis Senior Center.

HEALTH & WELLNESS

SUMMER HEAT IS A COMIN'!

Almost every summer, there is a deadly heat wave in some part of the country. Intensive heat can create serious health problems, particularly for the elderly, so we want to remind you of a few basic tips that can help you reduce your risks:

- Stay in air-conditioned areas such as your home, a shopping mall or public facility during peak heat periods
- Pull shades or curtains over windows and use fans when possible
- Drink fluids at least 30 minutes before going outside, and periodically throughout the day
- Reduce strenuous outdoor activities
- Wear sunscreen SPF15 or higher, wide-brimmed hats and light colored, loose clothing
- Eat more frequently, but be sure meals are well balanced, cool and light

For more detailed information on heat prevention and power outages, please refer to pages 11 and 12 of this newsletter.

TACKLING WEST NILE

Mosquito Abatement Hotline - (530) 757-5633

To assist with mosquito abatement and help minimize the spread of West Nile virus, the City of Davis has created a Mosquito Abatement (standing water) hotline. You are encouraged to use the hotline to report hazards which may include standing pools of water that don't evaporate after 3 days and/or conditions that would create standing pools of water, such as a broken sprinkler head.

The hotline instructs callers to leave a message with a description of the problem, specific information about the location of the water and their name and phone number. The City will then investigate the location and correct the situation as needed. As an alternative, you can file your report on the Citizens' Request webpage, then go to "Standing Water" at <http://www.cityofdavis.org/crm>

Reporting Dead Birds:

Residents can report dead birds: online at: <http://www.westnile.ca.gov/> or by phone toll-free at 1-877-968-2473.

MEDICARE PAYS FOR DIABETES SCREENING

Did you know that we spend almost \$4 billion for diabetes-related hospitalizations in America? According to recent statistics from the U.S. Department of Health and Human Services (HHS), about two-thirds of that expense can be avoided if Americans take the right preventive care measures. The problem? Just half of people with Medicare report having their blood sugar tested in the past year—a free screening that can help identify the disease before it can cause more devastating results. Talk with your doctor about having your blood sugar tested.



THANKS SOROPTIMISTS!

More than 50 people benefited from free bone density screenings at the Davis Senior Center in May, thanks to a generous grant from Soroptimist International of Greater Davis. Both men and women are at increased risk of osteoporosis as they age. Catching the problem early can help greatly with prevention and treatment. Many thanks to Soroptimist for their annual support of this important screening program.

INFORMATION & ASSISTANCE

LOWER YOUR TAXES

Several tax reduction programs are in effect for seniors or low-income individuals. Check the information below and call Lisa at 757-5696 if you have questions.

School District - This senior citizen tax reduction is for Davis homeowners age 65 and older. Filing deadline is **June 15**. No income restriction.

Parks & Open Space Tax Refund - This is a city of Davis program for low-income homeowners. For a 1-person household, the maximum annual income level is \$23,000; for a 2-person household the maximum is \$26,300. Forms are available at the senior center and must be filed with the city by **June 29**.

Homeowners and Renters Assistance - This rebate program runs **July 1 - August 29** and is for seniors age 65 and older, blind or disabled. Forms and income limits are not yet available. Volunteer assistance with the forms will be offered at the senior center in mid-July.

NEW CAREGIVER WEBSITE

Del Oro Caregiver Resource Center and the California Caregiver Resource Centers offer a new electronic newsletter for caregivers. The California Caregiver is an information-packed newsletter that features practical advice, resources, news coverage, caregiving tips and policy updates. There is also an "Ask The Expert" column. To register for the newsletter, type the following link:

<http://www.californiacrc/jsp/newsletter/registration.jsp>

HOUSING REHAB PROGRAM

If your property is in the unincorporated area of Yolo County, and you are low income, you might qualify for low-interest loans or grants for home/mobile home repairs or handicapped modifications. (City residents do not qualify.) The Yolo County Housing Rehabilitation Loan Program, operated by Mercy Housing, facilitates the loans for repairs such as roofing, windows, painting, electrical and handicap accessibility. Maximum annual income for a 1-person household is \$36,800, for a 2-person household, it's \$42,050. Call 1-800-995-0431 x4412 for more information.

DRIVERS SAFETY COURSE ONLINE

AARP's Driver Safety Refresher course, offered at the senior center for years, is now available online as well. The online course is self-paced and interactive and can be taken at the time and place of your choice. The online course fee is \$15.95 for AARP members and \$19.95 for non-members. Upon completion, you will receive a certificate mailed directly to your home. Many auto insurers offer a discount for completion of the course. For more information, go to www.aarp.org/driver



SUPPORT GROUPS

The Davis Senior Center does not endorse the opinions, services or products discussed in support groups. The meetings are for informational and sharing purposes only. Participants are encouraged to consider a variety of sources when making decisions about their health.

ALZHEIMER'S SUPPORT GROUP – Wednesday, June 20 at 10:00 a.m.

BREATHERS SUPPORT GROUP – Thursday, June 28 at 1:30 p.m.

DIABETES GROUP – The group is planning a guest speaker this summer, but plans have yet to be confirmed. If you are not on the group's mailing list, but would like to be notified when the meeting is scheduled, please call the Senior Center, 757-5696.

MEN'S GROUP – no meetings in June or July.

PARKINSON'S SUPPORT GROUP – Tuesday, June 26 at 1:30 p.m.

VISION SUPPORT GROUP – On Wednesday, June 13 at 10 a.m., Jesse Lorenz, from the San Francisco LightHouse for the Blind, will bring catalogs and talk about the agency's programs. The LightHouse provides solutions for living with vision loss. (No meeting in July or August)

DAVIS COMMUNITY TRANSIT

The warm weather has arrived! If you are waiting for the bus to arrive, please wait in a cool shaded area. We do not expect anyone to wait outside in the heat, but it is necessary to be watching for the bus so that we can stay on schedule.

Also, please be reminded that the bus fare is going up **effective July 1**. The 1-way fare for an ADA eligible customer will be \$1.50 and the 1-way fare for a non-ADA eligible customer will be \$3.00. The drivers do not carry change, so please have exact change when you board or you may order a bus pass, which are \$15 for a 10-ride pass and \$30 for a 20-ride pass.

VIDEO MOVIES

Thanks to Videos To Go for making the showing of these films at the senior center possible. Show time is 12:15 on Fridays.

June 1 - Love Me Tonight – 1932 romantic musical starring Jeanette MacDonald and Maurice Chevalier. *Isn't It Romantic?*

June 8 – Freedom Writers – Hilary Swank stars as an idealistic, young teacher who turns her rough group of students into enthusiastic learners.

June 15 – Seven Years in Tibet – It's the true WWII story of Heinrich Harrer's transformation (after spending time with the Dalai Lama) from a callous, narcissistic mountain climber, to a sensitive human being.

June 22 – Funny Girl – Barbra Streisand won an Oscar for this musical with Omar Sharif.

June 29 – Holes - Based on the award-winning children's novel. A wrongfully convicted boy is sent to a desert detention camp where he joins the job of digging holes for some mysterious reason.

FILM SPIRITUALITY SERIES

Join Dr. Maria Jaoudi, associate professor of humanities and religious studies at CSUS, for a special 3-part film series this summer examining the spiritual dimensions of films from around the world. The cinematic arts are examined in relationship to religious concerns, concepts, and values. Dr. Jaoudi will lead a discussion about each film as part of the series.

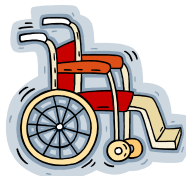
On **Friday, June 15 at 12:15 p.m.** we will view *Seven Years in Tibet*, directed by Jean-Jacques Annaud. Stars: Brad Pitt. Cello: Yo-Yo Ma. It's the true WWII story of Heinrich Harrer's transformation from a callous, narcissistic mountain climber, to a sensitive human being.

July's movie is *Together* (Chinese), and August's is *Dead Man Walking* (American). Dates will be announced in future Senior Scene newsletters.

SERVICES

Call the Davis Senior Center at 757-5696 for more information about services listed below.

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by American Medical Response (AMR) Ambulance Services on the **second Tuesday of every month, 10:30 – 11:00 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** - Resource specialist Peggy Phelps is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Single copies available at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/, then click on the right column on Senior Resource Guide.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer counselor. First and third Thursdays of each month.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call 757-5696 for available appointment times.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter changed? These and other minor home repairs can be done through Handy Helpers program.
- **MEDICAL EQUIPMENT LOANS** - Before buying wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet. For a small donation, you can borrow the items you need.



- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full amount of a class for those who can't afford it. To be eligible, your annual income must be below \$18,000 for an individual or \$24,000 for a couple. Scholarships are available up to a maximum of \$125 per calendar year, and can only be used for the cost of the class, excluding materials/lab fees. For more information, please contact the office, 757-5696.
- **SHOPPING SERVICE** - UCD student volunteers will take your order, do your grocery shopping and deliver to your home. For more information, call Lisa at 757-5696.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **VETERANS' SERVICES** - Consultations on services available to veterans on **Mondays from 8:30 to 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent's and survivor's benefits, health care, prescription drugs and life insurance are just some of the areas available. For more information, call 406-4850.

SPECIALTY CLASSES

Registration for ongoing special interest classes is accepted at City Hall, the Senior Center office or on-line at www.cityofdavis.org/webreg. For more information, call 757-5696, or refer to the City's Summer 2007 Recreation Schedule.

Ceramics (T, 9-11:00 a.m.)	Ongoing – Join anytime! \$5 per month
Dance & Jam Session (F, 2:15-4:00 p.m.)	June 8 & 22 No fee
Dynabands (MWF, 2-3:00 p.m.)	Ongoing thru June \$8/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	June 12 - 26 \$14/res/\$20/\$26 non-res
Fitness for Life (MWF, 7:30-8:30 a.m.)	June 1 - 29 \$33 res/\$39/\$45 non-res
NostalgiCS Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
Slow & Easy (T,Th, 1:30-2:30 p.m.)	June 5 - 28 \$22/res/\$28/\$34/non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	June 5 - 26 \$17 res/\$23/\$29 non-res
Tap Dancing (M, 3:00-4:30 p.m.)	Ongoing – join anytime! No fee
Walk n' Talk (MWF, 8:45-9:45 a.m.)	Ongoing – Join anytime! No Fee
Yoga - Intermediate (MTh, 8:30-10 a.m.)	June 4 - 28 \$42 res/\$48/\$54 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	June 4 - 28 \$28 res/\$34/\$40 non-res

NOSTALGICS

Do you like singing in the shower? Well, it's time to get out of your house and let your voice be heard! Join other singing enthusiasts who love singing those "oldies but goodies" on **Fridays from 1:00 to 2:00 p.m.**

OIL & ACRYLICS

The group meets each Monday morning from 9:30 to 11:30 a.m. It operates more as an "Open Studio," with participants going in their own direction at their own pace. There always seems to be willing listeners to help resolve problems. Please join us.

SCRABBLE PLAYERS

If you are a Scrabble player meet in the Game Room every **Monday at 1:00 p.m.** All levels of skill are welcome. Come and join the fun.



WATERCOLOR PAINTING

Friday morning watercolor continues in June guided by our talented Davis artist Chris Schackel. The group will be taking a break from formal instruction in July and August, however, the room will still be available to the group for our painting enjoyment. Formal instruction will resume again in September. Many thanks to the Senior Center and to all our teachers for their work with us and their inspiration throughout the year.

SPECIAL ACTIVITIES & EVENTS

LITERARY LOCALS: "GENETIC ENGINEERING: WARTS AND ALL"

Meet Molecular Geneticist Belinda Martineau, Ph.D., author of *First Fruit: Creation of the FlavrSavr™ Tomato and the Birth of Biotech Food* and formerly, principal scientist at Calgene, Inc. She will be sharing her knowledge of the biotech food industry in a talk entitled "**Genetic Engineering Warts and All**" at the Davis Senior Center on **Friday, June 1 at 10:30 a.m.** For more information, and to reserve your seat, call the center at 757-5696.



THE CHARLOTTE PEHLKE MEMORIAL WALKING PROGRAM**The Arboretum - Friday, June 15, 8:45-9:45 a.m.**

Enjoy a guided stroll through the UC Davis Arboretum, home to over 4,000 kinds of trees and shrubs. The UC Davis Arboretum specializes in plants adapted to a Mediterranean climate with hot, dry summers. Established in 1936, the Arboretum occupies about 100 acres along the banks of the old north channel of Putah Creek. Meet at 8:30 a.m. at the Senior Center. Call to reserve your space!

MEALS MADE EASY!

Join Cathy Cassevah from Home Instead on **Tuesday, June 26 at 1:00 p.m.** This month she will be preparing White Beans and Tuna. Call to reserve your spot, 757-5696.

COLLECTORS, COLLECTIONS!

Interested in sharing your lovely memories and first-hand knowledge about some of your favorite places in the world? Volunteer to share your travel adventures, please contact Mae at the Senior Center by calling 757-5696.

MISCELLANEOUS**NUGGET RECEIPTS**

Our deadline is approaching, and we need your receipts! Drop your Nugget Market receipts off in the lobby of the senior center. Please turn in all receipts dated up to June 15, 2007 to the center by **June 22**. We're working on a deadline for this fiscal year and we must get them tallied. Outdated receipts will not count! Nugget gives SCD 1% of the total to support senior programs.

BILLIARDS TABLE REMOVAL

Over the years, the Senior Center has been able to provide a billiards table for participant use through a generous donation from one of our residents. As the need for space continues to increase, and the use of the billiards table has simultaneously decreased, staff is considering removing the table from the Game Room as of July. The increased space will provide more flexibility and increased programming opportunities for this room.

Prior to its removal, staff want to hear from you if there are any concerns and/or continued interest in maintaining the table here at the Senior Center. Please contact Christine Helweg in the Senior Center's main office at 757-5696, or by email at chelweg@cityofdavis.org

CITIZENS WHO CARE BENEFIT FROM BEERFEST 2007

The 3rd annual BeerFest, "A Celebration of All Things Beer," is **Saturday, June 2 from 2:00 – 5:00 p.m. at Sudwerk Brewery**, 2001 Second Street in Davis. Commemorative mug (while they last), food, and beer tasting are included in the ticket price of \$25.00. Tickets may be purchased in advance by calling 758-3704. Tickets also available at the door.

Funds raised will benefit Citizens Who Care, a nonprofit agency offering social support and services to older adults and their family caregivers. Visit www.citizenswhocare.us for more information about BeerFest 2007.

VOLUNTEER CORNER**UCD LANGUAGE AND MEMORY STUDY**

If you are healthy, over 70 years of age, a native English speaker, and willing to participate in language and memory research for compensation, please contact Rita Rafidi at (530) 752-1833. Three two-hour sessions are required.

BONE STUDY FOR POSTMENOPAUSAL WOMEN

The USDA, ARS Western Human Nutrition Research Center invites healthy women, ages 50 - 65 and who are postmenopausal, to participate in a 9-month study with 10 study visits on the UC Davis campus. The study will test whether Vitamin B-12 changes the markers for bone formation. Women must be non-smokers, not taking HRT or bone-building medication.

The study includes Vitamin B-12 injections and supplements, a DEXA bone scanning, nutritional information and financial compensation for participation.

For more information, call (530) 752-5177 and Press #6 or visit:

www.ars.usda.gov/pwa/davis/whnrc

DAVIS TRAVELAIRES
A Non-Profit Travel Organization
Kay Jeffery, Executive Director
646 A Street, Davis, CA 95616
(530) 753-4159
Office hours:
Mon., Wed., & Fri.: 10 a.m.-2 p.m.

June 29 & 30 – Lake Tahoe overnight – Free time to gamble, stroll the Alpine-like village or maybe take a tram ride to Heavenly Valley for lunch. Then board MS Dixie for a dinnershow cruise to Emerald Bay. Next day, visit Tallac Historical site and Celtic Festival. \$237 pp dbl., ss \$69

July 8 – Oakland’s Jack London Square –

Featuring the Artisan Marketplace with handmade creations and the Pacific Coast Farmers Market offering breads, cheeses and fresh produce. Have lunch on your own, shop, browse or just enjoy a day away. \$39



July 9 – 13 – Travelaires Office Closed

July 24 – Harvey’s Lake Tahoe – They want us back! \$10 cash, \$5 food. Depart Senior Center 7:30 a.m., return approximately 6:30 p.m. \$25

August 4 – Nordstrom and Bloomingdales – Check Travelaires Office for availability.

August 19 – Beach Blanket Babylon – Wait List.

August 29 – Paint Your Wagon – Located in Columbia State Historic Park, the highly acclaimed Sierra Repertory’s Fallon House Theatre brings the California Gold Rush to life. A toe-tapping favorite. Lunch at Outlaws BBQ Steakhouse and Saloon. \$90

September 8-12 – Dead Sea Scrolls & San Diego

Sights – The Scrolls are widely acknowledged to be among the greatest archaeological treasures ever discovered. We have an exclusive program at the Natural History Museum including a catered lunch on the Museum’s rooftop. Also included are a Sunday brunch on Harbor Island, tour of USS

Midway or Seaport Village, Point Loma and dinner in Old Town San Diego. Will experience San Diego by land and sea on the amphibious Seals. In Pacific Palisades will visit the Will Rogers Ranch. \$895 pp dbl., add \$250 ss.

September 20 – Alcatraz –

Tour includes: 45 minute audio featuring actual correctional officers and prisoners who lived and worked on the island; an orientation video by the Discovery Channel; historic gardens and abundant wildlife. Lunch at Sinbad’s Restaurant. \$95



September 29 – Floating Homes of Sausalito –

Wait list.

October 15 & 16 – Feather River Canyon – Free

time in Truckee, overnight at the beautiful Siena Hotel and Spa on the Truckee River in Reno. Explore Quincy and have lunch at Café Le Coq. Ride through the awesome Feather River Canyon ablaze with fall color. \$215 pp dbl., ss add \$58

November 27 – Dec. 1 – Nashville Holiday – Four

nights atrium accommodations at the spectacular Opryland Hotel renowned for its extraordinary service and first-class entertainment. Under the majestic climate-controlled atrium are nine acres of lush indoor gardens, winding rivers and pathways, and sparkling waterfalls. During the holiday season the grounds are transformed into a winter wonderland with millions of lights. Included are many fine attractions such as the Radio City Music Hall Rockettes, Grand Ole Opry and much more \$1898 pp dbl., add \$590 ss

December 22 – 25 – Christmas at the Mission

Inn

Parking for Travelaires Trips – If the lot is full when you arrive for a trip you may park on street in front of and side of Senior Center on A Street or 7th Street. No parking tickets will be issued.

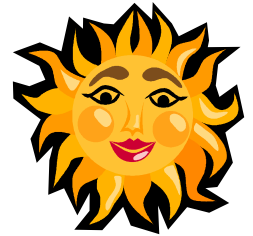
Signing up by mail – You may register for any trip by mail. Please include a stamped, self addressed envelope so we can send a receipt to you.

HEAT-RELATED STRESS IN THE ELDERLY

Heat Stress in the Elderly

Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:

- Elderly people do not adjust as well as young people to sudden changes in temperature
- They are more likely to have a chronic medical condition that upsets normal body responses to heat
- They are more likely to take prescription medications that impair the body's ability to regulate its temperature or that inhibit perspiration



Heat Stroke

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Warning signs vary but may include:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

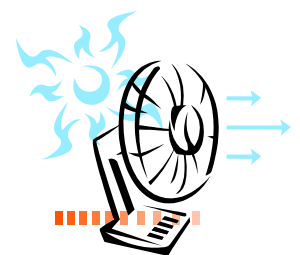
Heat Exhaustion

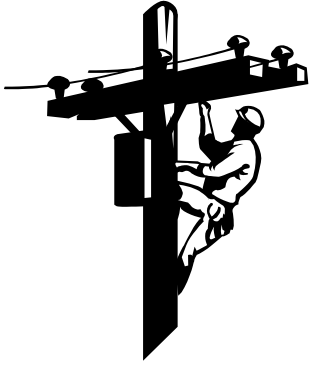
Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Warning signs vary but may include:

- heavy sweating
- paleness
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting
- skin may be cool and moist
- pulse rate may be fast & weak
- breathing may be fast & shallow

What You Can Do to Protect Yourself or Your Neighbors from Heat-Related Stress

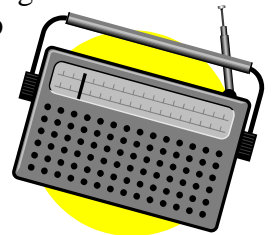
- Drink cool, nonalcoholic, noncaffeinated beverages (if your doctor generally limits the amount of fluid you drink or has you on water pills, ask him/her how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps)
- Rest
- Take a cool shower or bath
- If possible, seek an air-conditioned environment (If you don't have air conditioning in your home, consider visiting the Senior Center or the Library to cool off)
- Wear lightweight clothing
- Remain indoors in the heat of the day
- Do not engage in strenuous activities until temperatures lower
- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke
- Assist with transportation if they do not have access to air conditioned facilities
- Make sure older adults have access to an electric fan whenever possible
- If any signs of heat exhaustion or heat stroke are evident, please call 911 for medical assistance as soon as possible





TIPS TO PROTECT YOURSELF DURING A POWER SHORTAGE OR BLACKOUT

1. Contact PG&E 1-(800)-743-5000 in advance about any specific needs regarding breathing machines or other life-sustaining devices that depend on electricity. If lack of electricity would create an immediate threat to life or safety, local public safety agencies should also be given advance notification. To expedite emergency response, house numbers should be readily visible from the street.
2. Establish a support network of friends and neighbors who can check in periodically if the power is out, to assure that assistance is available if needed.
3. Keep a flashlight or lantern equipped with fresh batteries within easy reach, so that there is some light immediately available if the power does go out. For people with limited reach or grasping ability, inexpensive battery-operated touch lamps are a good option. Such lights can be installed in areas of greatest use, and are small enough to be carried in an emergency.
4. Do not use candles for light or heat in an emergency, as they can be a fire hazard.
5. If the weather is cool, extra blankets or warm clothing should be stored within easy reach. Most homes will retain some heat for several hours during electrical outages; do not use barbecues, gas powered appliances or propane heaters as heat sources, as the result can be carbon monoxide poisoning.
6. For people using battery-powered mobility or breathing equipment, assure that batteries are fully charged each day.
7. Store supplies of medicine and drinking water so they will be readily accessible in the event that there is a power outage; some household water supplies can be disrupted during blackouts. Assemble a 10-day supply of prescription medications and durable medical goods and store them in a convenient location, in the event that a prolonged electrical outage or other emergency should require evacuation. A copy of emergency contact numbers and current prescriptions should be stored in the same location.
8. Cordless telephones may not work during a power outage, so consider keeping a standard phone plugged into a second phone jack in case it is ever needed. A cellular telephone is also a good backup option, but be aware that in a widespread emergency any communication network may quickly become overloaded with calls.
9. Monitoring radio stations during emergency situations can help in determining the extent and probable duration of any electrical outages. Assure that a battery-operated radio is available for this purpose with at least one set of extra batteries.
10. During Stage Three Alerts, monitor local television or radio news stations to determine if and where blackouts will occur. Check monthly electric utility bills to determine the applicable Power Block number, as that is usually how the blackout areas will be identified. If the Power Block number is not shown on the monthly bill, contact PG&E to learn where that information is available.
11. When an electrical outage does occur, turn off all appliances, computers and lights — except for one that will indicate when power has been restored.



Davis Senior Center Activities - June 2007

Monday	Tuesday	Wednesday	Thursday	Friday
Transportation Services 757-4408 Senior Center Offices 757-5696	*Indicates need to register in advance, and/or by appointment. Please call 757-5696			1 7:30am Fitness for Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs 9:30am Watercolor Painting 10:30am Literary Locals: Belinda Martineau, Ph.D. 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands Exercise
4 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing*	5 9:00am Ceramics 9:00am Tai Chi 11:30am SCD Potluck/Business Mtg. 1:00pm Bridge/Pinochle 1:30pm Slow & Easy Exercise 7:00pm Davis Dynamos 7:00pm Stamp Club	6 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counseling 10:00am AARP Board Mtg 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise	7 8:30am Intermediate Yoga 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:00pm HICAP Appts* 1:30pm Slow & Easy Exercise	8 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs 9:30am Watercolor Painting 10:00am Travels in Europe – Mom & Two Teens 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:15pm Jam Session & Dance
11 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing*	12 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 10:30am Blood Pressure Check 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Slow & Easy Exercise 7:00pm Mac Users Group	13 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Vision Support Group 11:30am AARP Potluck/Business Mtg. 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	14 8:30am Intermediate Yoga 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 2:30pm Senior Commission Mtg.	15 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands Exercise
18 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing*	19 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 10:30am Senior Center Reads 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Slow & Easy Exercise	20 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Alzheimer's Support Group 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	21 8:30am Intermediate Yoga 9:00am HICAP Appts* 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise	22 <u>Nugget Receipts Due to Senior Center</u> 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting, 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:25pm Jam Session & Dance Saturday, June 23, 12:00 noon SCD Bingo
25 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:30am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Genealogy Club Meeting 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing*	26 9:00am Ceramics 9:00am SCD Board Meeting 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Meals Made Easy* 1:30pm Parkinson's Support Group 1:30pm Slow & Easy Exercise	27 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	28 8:30am Intermediate Yoga 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow & Easy Exercise 1:30pm Breathers Support Group	29 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise

Elderly Nutrition Program in Yolo County
 People Resources, Inc.

Menu Subject to Change

June 2007

Each meal includes 8 oz. 2% milk *

* = Vitamin A + = Vitamin C * = carbohydrate exchange

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CONGREGATE DINING SITES
<p>Special Note: The triangles (*) listed next to foods are for those people using our diabetes carbohydrate exchange system. We recommend the average person with diabetes to eat 3-4 "*" per meal and to save the "*" for an afternoon snack. An explanation of this new system is posted on the nutrition board at all congregate sites. Copies of the description can be delivered to home delivery participants if requested. As diet changes can help your diabetes, we recommend you show this to your doctor.</p>					<p>1</p> <p>Reservations/ Cancellations <u>must be made by noon</u> the day before by calling the site:</p> <p>DAVIS SENIOR CENTER 646 A Street 757-5696</p>
<p>4</p> <p>BQ Pork Riblet *Baked Beans Peas & Carrots* *Buttermilk Biscuit *Mandarin Orange Segments+</p>	<p>5</p> <p>SCD Potluck Today - Flag Day Celebration</p> <p>No ENP Meal - MOW Delivery Only</p>	<p>6</p> <p>Herb & Garlic Chicken *Scalloped Potatoes+ Mixed Vegetables* *Hawaiian Roll **Sweet Surprise</p>	<p>7</p> <p>*Confetti Coleslaw*+ **Ham & Cheese Sandwich on Sourdough w/Lettuce, Tomato+ Mayo & Mustard **Pistachio Salad</p>	<p>8</p> <p>Best Friend's Day</p> <p>Roast Beef w/AuJus *Baked Potato w/Sour Cream Swiss Chard+ *Wheat Roll *Cantaloupe*+</p>	<p>WEST SAC SENIOR CENTER 664 Cummins Way (916) 373-5819</p>
<p>11</p> <p>Breaded Fish w/Tartar Sauce *Sour Cream & Chive Potatoes *Brussel Sprouts+ *Baguette *Citrus Cup+</p>	<p>12</p> <p>Sweet and Sour Chicken *Fried Rice Stir-Fry Vegetables* *Fortune Cookie *Fresh Fruit+</p>	<p>13</p> <p>AARP Potluck Today or **Four Cheese Macaroni Bake California Vegetable Blend* *Corn Bread Muffin *Pineapple Tidbits+</p>	<p>14</p> <p>Celebrate Flag Day</p> <p>*Chef Salad: Tossed Greens topped with Ham, Turkey, Egg, Cheese, Tomatoes, served w/ Thousand Island Dressing *French Roll *Fruited Sugar Free Gelatin+</p>	<p>15</p> <p>Happy Fathers Day</p> <p>Meatloaf w/Gravy *Whipped Potatoes+ Stewed Tomatoes+ *Wheat Roll **Special Dessert</p>	<p>KNIGHTS LANDING HARBOR APARTMENTS 9320 Mill St 662-7035</p> <p>WINTERS COMMUNITY CENTER 201 Railroad Avenue 795-4241</p>
<p>18</p> <p>Ginger Plum Chicken *AuGratin Potatoes+ Chef's Blend Vegetables+ *Seven Grain Roll *Pears</p>	<p>19</p> <p>Beef Burgundy *Served over Penne Pasta Green Beans & Tomatoes+ *Cracked Wheat Bread *Peaches</p>	<p>20</p> <p>*Fruit Juice+ Lemon Pepper Fish w/Dill Sauce *Hot German Potato Salad *Steamed Carrots* *Honey Wheat roll **Chocolate Pudding</p>	<p>21</p> <p>*Fruit Juice+ Tossed Garden Salad **Old World Lasagna w/Beef Italian Blend Vegetables* *Garlic Bread</p>	<p>22</p> <p>**Nantucket Turkey Sandwich on a Croissant w/Lettuce & Cranberry Spread *Savory Chilled Rice Salad **Sunshine Gelatin Delight+*</p>	<p>WOODLAND SENIOR CENTER 2001 East Street 661-5890</p> <p>ESPARTO 662-7035</p>
<p>25</p> <p>Southern Chicken Fried Steak w/Country Gravy *Mashed Potatoes+ *Spinach* *Whole Wheat Roll *Mixed Fruit</p>	<p>26</p> <p>*Fruit Juice+ **Polish Dog w/Bun & Spicy Mustard (contains Pork & Beef) Sauerkraut+ Green Beans *Apricots*</p>	<p>27</p> <p>Happy Birthday</p> <p>*Teriyaki Chicken w/ Pineapple Slice+* *Steamed Rice Oriental Vegetables+ *Fortune Cookie **Birthday Cake</p>	<p>28</p> <p>Salad Bar Plate</p> <p>Tuna Salad w/Lettuce & Dill Pickle Spear *Rye Bread *Tomato Aspice Salad **Broccoli Salad Supreme+ **Pudding Parfait</p>	<p>29</p> <p>*Glazed Baked Ham *Candied Sweet Potatoes* Seasonal Fresh Vegetables+ *Roll *Applesauce</p>	<p>ELDERLY NUTRITION PROGRAM WOODLAND 662-7035</p>

\$2.50 SENIOR CONTRIBUTION

Mandatory charge of \$3.00 for Essential Volunteers (Under 60)

\$6.25 GUEST FEE for people under 60 unless accompanied by their senior spouse.