



JANUARY
2012

Flower Valley Senior Citizen Gazette

Anderson Recreation Center
125 West Walnut Avenue
Lompoc, California 93436
805-875-8085

We Create Community
Through People,
Parks and Programs

January Birthdays

Betty Coleman
 Charles Bockius
 Delfina Ortega
 Diana Miranda
 Frank Whelan
 Howard Chapman
 Joan Kuks
 Jose Calderon
 Linda Leitzke
 Linn Miguel
 Loreen Nell
 Rudy Paramo
 Sally Diaz

RECURRING EVENTS DURING WEEK

SENIOR NUTRITION—SERVING 11:30AM TO 12PM

MON. COMPUTER TRAINING 9:00AM-1:00PM FOR APPT.CALL

DOMINOS: 12:30PM—3:00PM

HICAP MED: 1:00PM—3:00 PM (call for appt.1-800-434-0222)

TUES. COMPUTER TRAINING 9:00AM-1:00PM FOR APPT.CALL

LHD STRENGTH TRAINING: 9:00AM-10:00AM

PAINTING CLASS: 9:00AM—12:00PM

DUPLICATE BRIDGE: 1:00PM—3:00 PM

RAG RUG AND MISC. HANDWORK: 1:00PM—3:00PM

WED.COMPUTER TRAINING 9:00AM-1:00PM FOR APPT.CALL

THUR. COMPUTER TRAINING 9:00AM-1:00PM FOR APPT.CALL

LHD STRENGTH TRAINING: 9:00AM—10:00AM

GRIEF RECOVERY TRANSITION GROUP: 10:00AM—11:00 AM

DUPLICATE BRIDGE: 1:00PM—3:00PM

FRI. COMPUTER TRAINING 9:00AM-1:00PM FOR APPT.CALL

MEMORY SCREENING: 1:00PM—3:00PM

FOR APPT. CALL 875-8085

Passing & Memories

Family and friends that have gone before us are never far from us. They are always in our hearts through our memory of them. At times these memories bring a smile to our face, at times they cause us to weep, at times we wish we would only sleep, to ease the pain of loved ones gone. But remember we must, for this is where they live and are kept alive. This month, share those memories with the children, so that they will keep alive in their hearts family and friends who have gone.

Josie Linthicum

Note: Classes are subject to cancellation

- 3rd Tues. 9:30am-12pm Blood Pressure
- 3rd Tues 10:30am-12pm Marian Hospice Bereavement Care Support
- 4th Wed 10:00am-12:00pm Alzheimer's
- 5th Thurs 1:00-3:00pm Cancer Support Group
- 9th Mon 11:00am-12pm Brown Bag
- 10th Tues. 1:00pm-3:00pm Look Good...Feel Good
- 12th Thurs 12-4pm AARP Safe Driving
- 13th Fri. 12-4pm AARP Safe Driving
- 17th Tues 10:30am-12pm Marian Hospice Bereavement Care Support
- 18th Wed 10:00am-12:00pm Alzheimer's
- 23rd Mon 11:00am-12pm Brown Bag
- 27th Fri. 9:30am-2:00pm Braille Institute
- 27th Fri. 10:00am-4:00pm Apria Healthcare
- 27th Fri. 12:30pm-3:00pm Movie

TELEPHONE DIRECTORY

Senior Programs Anderson Recreation Center 875-8085

Civic, Community City Public Library/Vandenberg 736-3477 / 733-3323

Financial Assistance Social Security Administration 800-772-1213 / 934-2793

AARP Tax Aide Program 888-227-7669

Department of Social Services 737-7080

Area Agency on Aging Information and Assistance

528 South Broadway Santa Maria, Ca. 805-510-2020 / 805-925-9554

Assessment Helpline 2-1-1

Family Service Agency 805-735-4376

Food and Nutrition Lompoc Meals On Wheels 736-3257

Food Pantry 737-4140

Community Kitchen 736-4882

Senior Nutrition/Lunch Center 737-9366

Brown Bag 937-3422X107

Legal Services Legal Aid Foundation 736-6582

Medicare, HMO's, Ins. HICAP Assistance 1-800-434-0222

Mental Health/Counseling/ Substance Abuse

Family Services Agency 735-4376

Transportation

COLT - City of Lompoc Transit 736-7666

BREEZE 800-417-2137

Fire/Police/Crisis Adult Protective Services 737-6020

Poison Control Center 800-876-4766

Victim Witness Program 737-7910

Lompoc Hospital E. R. 737-3333

Rape Crisis Center 736-8535

Health Care Services County Health Clinic 737-6400

Braille Institute of America 682-6222

Marian Homecare 739-3830

Hospice 782-8608

Health Information Alzheimer's Association 636-6432 800-660-1993

Vial of Life, Area Agency on Aging 800-510-2020

Murphy's Lesser Known Laws

Light travels faster than sound. This is why some people appear bright until you hear them speak.

He who laughs last, thinks slowest.

Change is inevitable, except from a vending machine.

Nothing is foolproof to a sufficiently talented fool.

The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

If you lined up all the cars in the world end to end, someone would be stupid enough to try to pass them, five or six at a time, on a hill, in the fog

The things that come to those who wait will be the things left by those who got there first.

Flashlight: A case for holding dead batteries.

The shin bone is a device for finding furniture in a dark room.

A fine is a tax for doing wrong. A tax is a fine for doing well.

Senior Programs

875-8085

125 West Walnut

2012



Happy New Year!!!

Strength shows not only in the ability to persist, but also the ability to start

You never know how strong you are; until being strong is the only choice you have...

Anger is the feeling that makes your mouth work faster than your mind.



Dr. Jim Hall, D.C.

Hall Chiropractic

Chiropractic Resolutions For A Healthy, Pain-Free Year

The above is a headline of an article that appeared in an unlikely source, the Medical News Today. The article contains recommendations from a release from the American Chiropractic Association, (ACA). The Medical News Today article begins with great words to enter 2012, "Start the new year off right by committing to a healthier lifestyle."

This ACA release urges Americans to adopt the following 10 healthy New Years resolutions. They are:

- I will limit my intake of caffeinated coffee, sodas and teas. The caffeine in these drinks can cause dehydration and can rob the body of essential nutrients. Stick to water, natural juices and other decaffeinated beverages.
- I will avoid over medicating myself and my family. Many over-the-counter and prescription medications have unknown side effects. Discuss alternative remedies with a doctor of chiropractic.
- I will not carry a heavy purse or briefcase with its strap over my shoulder, unless I place the strap over my head on the side opposite the bag. Wearing a shoulder strap over one shoulder unevenly places the weight of the bag on one side of the body, potentially causing shoulder and back pain.
- I will not allow my children to carry backpacks that weigh more than 10 percent of their body weight. Beyond that weight, the backpack can cause the wearer to bend forward in an attempt to support the weight on his or her back, instead of the shoulders.
- I will not lift heavy objects over my head. These types of movements can strain muscles and affect nerves, causing severe neck, shoulder and arm problems.
- I will not turn my torso while lifting relatively heavy objects. This rotates the spine and can bring on a "back attack."
- I will avoid the habit of consistently crossing the same knee over the other. Such a habit can also eventually cause misalignment of the spine.
- I will try to keep moving while I'm at work. If sedentary for the majority of the work day, it is very important to take periodic stretch breaks. Get up from the desk and take a brief walk, and stretch arms and legs as frequently as possible to avoid postural and spinal stress.
- I will, when using a shovel - in winter or summer - remember to push rather than lift, whenever possible.
- I will use luggage with wheels whenever possible. Carrying, lifting and moving a heavy suitcase can ruin a vacation.

Happy New Year "2012"

Hall Chiropractic is located at 118 North G Street, Suite A (new downtown location). Most insurance plans and credit cards are accepted. Dr. Hall is available Monday through Friday, from 9 a.m. to 6 p.m., and Saturdays and after hours by appointment. He can be reached at (805) 733-2829. Please visit our website at www.hallchirohealth.com.

FOR LUCK IN THE NEW YEAR

Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year. It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

Many parts of the U.S. celebrate the new year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency. In some regions, rice is a lucky food that is eaten on New Year's Day.



The Foodbank of Santa Barbara County is looking for volunteers to help deliver Brown Bags to homebound seniors.

Requirements to volunteer and deliver include the following:

Valid California Drivers license, valid car insurance, and the use of your own vehicle.

Ability to lift 25 pounds.

A willingness to make a commitment to the program for 2 -3 hours twice a month at designated date and time.

The mission of the Brown Bag Program is to provide bags of groceries to qualified low-income senior citizens.

The Brown Bag Program relies on over 200 volunteers who are the foundation of the Brown Bag Program.

If you are interested in volunteering, please contact:

cruiz@foodbanksbc.org

(805)937 -3422 x 109

It is the time of the year that we start thinking of filling out forms for the IRS and the State of California.

AARP State & Federal Tax Preparation

AARP State and Federal tax preparation available to those middle-income taxpayers with special attention to those ages 60 and older. For appointments call

805-875-8085

Appointments will be accepted for:

Wednesdays, 9:00am-3:00pm and

Saturdays, 8:00am-12:00pm.

Beginning February 1st thru April 11th.

(Appointments will be taken starting January 17th.)

Family Service Agency

Join Family Service Agency and the Dorothy Jackson Resource Center on October 4th, 9:00 am, and obtain some great information about the many programs FSA in Lompoc has to offer the community! FSA staff offers advocacy, case-management support and much more to seniors to ensure they live safely, independently and with dignity.

For more information, please call (805) 735-4376 and ask for Adriana, Bilingual Senior Case Manager.

Alzheimer's

"Are you caring for someone with dementia or memory loss? Do you suspect dementia or Alzheimer's in yourself or a loved one? Come meet with the Alzheimer's Association, and get the answers to the questions and concerns you have. During your one-on-one Care Consultation, you will be given a free care giving manual called *What Now* and educated on such topics as the signs and symptoms of dementia, steps to getting a diagnosis, dealing with challenging behaviors, planning for the future, connecting with community resources, getting financial and other needed support, etc. A Care Consultant will be available to provide these appointments in Spanish or English at Lompoc Parks & Recreation Center, the 1st and 3rd Wednesdays of each month from 10-12. To make an appointment, please call (805) 875-8098.

Lompoc Police Department

107 Civic Center Plaza, Lompoc, CA 93436

(805) 736-2341 ext. 6118 Fax (805) 735-8256

email: elardner@ci.lompoc.ca.us

REGISTER FOR LOMPOC POLICE DEPARTMENT COMMUNITY NOTIFICATION THROUGH NIXLE

The Lompoc Police Department has added Nixle as an additional communications service, that allows us to send important, valuable community information directly to residents using the latest technology.

The Nixle Community Information Service allows the Department to create and publish messages to be delivered to subscribed residents instantly via cell phone text message and/or email. Notifications can also be accessed online at Nixle's web site at www.nixle.com or by the link featured on the City of Lompoc Web site at www.cityoflompoc.com.

Messages may include information regarding critical events, natural disasters, hazardous weather advisories, warming shelter openings, and crime prevention advisories, as well as other relevant safety and community event information. (continued)

The service is secure, reliable and free of charge to subscribers and the City of Lompoc.

Residents decide from which local agencies they want to receive information. Subscribers can also choose the way in which alerts are received, whether it is by email, text message, or over the web.

Nixle builds on the foundations of other public-to-public communication services, such as Twitter, Facebook, and MySpace, but adds a key component: security. When citizens receive information from our agency via Nixle, they know it can be trusted.

Residents of Lompoc and those in neighboring communities can immediately begin receiving pertinent information via text message, email, and web by registering at www.nixle.com. Lompoc Valley organizations currently using Nixle include the Lompoc Police Department, Lompoc Unified School District, and Santa Barbara County Office of Emergency Services.

We are very excited to have you experience it for yourself and keep you in the loop regarding emerging events within the Lompoc Valley.

Nixle is a community information service provider built exclusively to provide secure and reliable communications. It is the first authenticated and secure service that connects municipal agencies and community organizations to residents in real time, delivering information to geographically targeted consumers over their cell phones (via text messages), through e-mails and via Web access.

Nixle has secured a partnership with Nlets (the International Justice and Public Safety Network), allowing local police departments nation wide to send immediate alerts and advisories. For more information, visit www.nixle.com.

SENIOR NUTRITION PROGRAM

1. Senior nutrition meals are for those 60 and over. The cost of the meal is a \$3.00 donation.
- 2 Seniors who would like to participate need to fill CAC forms.
3. Coffee is offered Monday thru Friday to any one that comes to the Anderson Recreation Center.

The cost of coffee is 50 cents a cup or \$2.00 for the week.

The Anderson Recreation Center offers many programs for Seniors, please see the back of the calendar.

Lunch reservations **MUST** be made 24 hrs. in advance.

Call **737-9366** for reservations.

Monday reservations **MUST** be made on the previous **Friday** by 1 pm.

SERVING TIME 11:30—12:00

You cannot make reservations on the weekend For Monday!

AARP- SAFETY DRIVING PROGRAM

The American Association for Retired Persons is offering Driving Safety and Defensive Driving Tips for seniors in its "Safety Driving" Program held once per month over a 2-day period from 12:00 PM - 4:00 PM. There is a twelve-dollar fee for AARP members and a fourteen-dollar fee for non-members for the workbook. For more information, please call (805) 875-8085.

IN CASE OF EMERGENCY

Paramedics will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE.

ICE stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do so.

Paramedics know what ICE means and they look for it immediately. ICE your cell phone NOW!



Brown Bag Program for Seniors

The mission of the Brown Bag Program is to provide bags of groceries to low-income seniors as a supplement to their own food budget and assist seniors with maintaining an independent, self-sufficient lifestyle.

Pick Up Applications

Seniors 60 years and older are encouraged to apply for participation in the Brown Bag Program .

Mark this date on your calendar

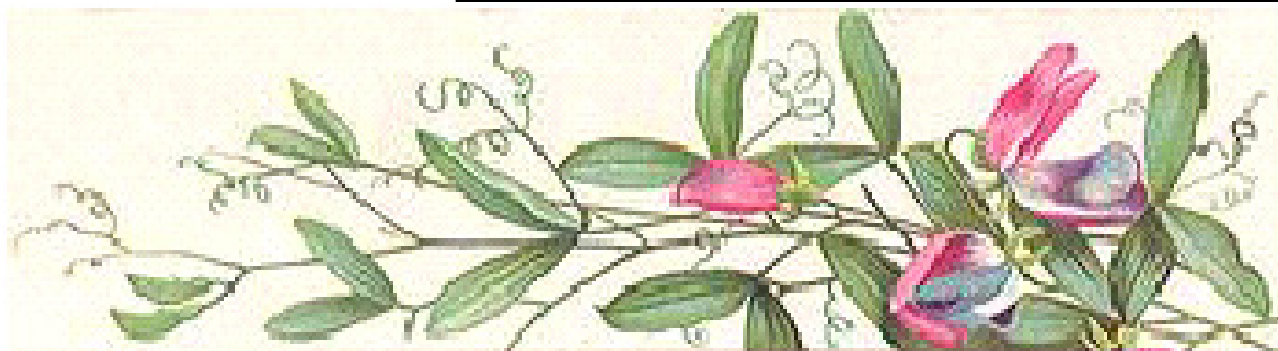
January 9th & 23rd

11:00AM until NOON

Pick up for the Brown Bag Program will be at the Lompoc Anderson Recreation Center, 125 West Walnut

Please use the "I" Street entrance (ramp)

For more information and application please call 875-8085



This should probably be taped to your bathroom mirror where one could read it every day.

You may not realize it, but it's 100% true.

1. There are at least two people in this world that you would die for.
2. At least 15 people in this world love you in some way.
3. The only reason anyone would ever hate you is because they want to be just like you.
4. A smile from you can bring happiness to anyone, even if they don't like you.
5. Every night, SOMEONE thinks about you before they go to sleep.
6. You mean the world to someone.
7. You are special and unique.
- 8.. Someone that you don't even know exists loves you.
9. When you make the biggest mistake ever, something good comes from it.
10. When you think the world has turned its back on you, take another look.
11. Always remember the compliments you received.. Forget about the rude remarks.

Advance Health Care Directive

An Advance Health Care Directive is a legally recognized document that allows you to provide information to your family, friends and physician(s) about your health care preferences, including the types of special treatment you want or do not want at the end of your life. The advanced health care directive document is meant to be completed by anyone 18 years of age or older and it can be changed at any time, should your wishes change. You can give specific instructions about any aspect of your health care, whether you appoint a health care agent (decision maker) or not.

Along with documenting the type of care you wish to receive, you are also able to appoint another person as your “health care agent” to make health care decisions for you if you are unable to make your own decisions. You should also consider naming an alternate agent in case your first choice is unwilling, unable, or unavailable to make decisions for you.

Five Wishes[®]

Five Wishes[®] is one type of an Advance Health Care Directive. It is user friendly and very comprehensive; it helps you think and provide information about your personal, emotional, spiritual and medical wishes. Five Wishes[®] allows you to choose the person(s) you want to make health care decisions for you if you are not able to make them for yourself. It also allows you to say exactly how you wish to be treated if you become seriously ill.

Like other directives, it is a good communication tool for you and your family, friends and physician to speak about your wishes; and it protects them from having to make hard choices without knowing your wishes. It is unique in that it enables you to tell your loved ones things that you may find difficult to personally verbalize. In addition, Five Wishes[®] provides you the opportunity to make plans for how you wish to be remembered and to define your memorial service, along with the ability to specifically authorize an organ donation. California and some other states must follow special witnessing rules that pertain to the Five Wishes[®] form.

For more complete information about Five Wishes[®] and to obtain a copy of the form you can call 888-594-7437; online www.agingwithdignity.org, or you can contact your local Area Agency on Aging.

Please Note: All Advance Health Care Directives are only valid when you sign and date the document and it is witnessed by two (2) people and/or notarized.



Physician Orders for Life Sustaining Treatment (POLST)

The POLST document (printed on bright “ultra pink” cardboard stock paper) is meant to serve as a physician order that helps frail/chronically ill, terminally ill (including children), Hospice patients, and elderly (individuals 80 or over) have more control over their end of life care. POLST enables you to specify the treatments (CPR, medical interventions, and nutrition) that you do or do not want to receive toward your end of life.

Completing a POLST form is voluntary; however, California law requires that once the form is completed, it must be followed by all health care providers. It is not meant to replace an Advance Health Care Directive; rather it is to compliment that document. The most important feature of this form is that it is meant to foster a conversation between you, the patient (or your health care agent) and your physician. **Please Note: The POLST form must be signed by a physician to be valid and either you (or your agent) must also sign the POLST document.**

The POLST document is recognized throughout California* and is meant to accompany you from home to any health care setting where care is provided. You should keep this form with your Vial of Life or in a place readily accessible to health and emergency care personnel.

For more detailed information about POLST go online to www.calpolst.org or www.ohsu.edu/polst.



Advance Health Care Directive

Criteria

- Age 18 or older

Purpose/Function

- Appoint a health care agent
- Legal document
- General instructions for future treatments

Signature and Validation

- Signed and dated by originator
- Signed and dated by Notary and/or two witnesses

Changes to the Document

- OK to copy when completed
- Must complete a new form
- Destroy old form and all copies
- Communicate changes to health care agent and physician(s)

Who Gets a Copy

- Health care agent(s)
- Family members
- Physician(s)
- Attorney
- Hospital or care facility

Where to Keep Your Copy

- Vial of Life container
- Easy access place in your home
- Patient chart
- Do not use a safe deposit box



Advance Health Care Directive Five Wishes[®]

Criteria

- Age 18 or older

Purpose/Function

- Appoint a health care agent
- Legal document
- Instructions about your personal, emotional, spiritual and medical wishes
- Allows you to “talk” with your family, friends and doctor
- Protects family from making hard choices without knowing your wishes

Signature and Validation

- Signed and dated by originator
- Signed and dated by Notary and/or two witnesses
- Residents of certain institutions(nursing homes, licensed long term care facilities, home for mentally retarded or developmentally disabled, or a mental institution) in California and some other states, must follow special witnessing rules

Changes to the Document

- OK to copy when completed
- Must complete a new form
- Destroy old form and all copies
- Communicate changes to health care agent and physician(s)

Who Gets a Copy

- Health care agent(s)
- Family members
- Physician(s)
- Attorney
- Hospital or care facility

Where to Keep Your Copy

- Easy access place in your home
- Do not use a safe deposit box

Physician Orders for Life Sustaining Treatment (POLST)

Criteria

- Elderly (80/90yrs)
- Frail, chronically, critically ill
- Terminally ill (any age)
- Hospice care

Purpose/Function

- Choose the care you want/don't want
- Legal document/Physician Order
- Specific instructions for current treatment

Signature and Validation

- Signed and dated by patient Signed and dated by health care agent if patient lacks capability
- Signed by personal physician/other physician

Changes to the Document

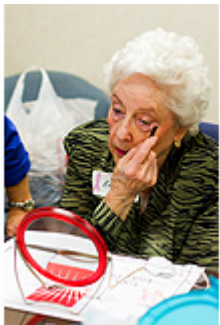
- OK to copy when completed
- Recommend copies to be on pink paper
- Must complete new form/physician sign changes
- Must keep old forms-never destroy physician orders
- Communicate changes to health care agent

Who Gets a Copy

- Health care agent(s)
- Family members
- Physician(s)
- Attorney
- Hospital or care facility

Where to Keep Your Copy

- Vial of Life container
- Easy access place in your home
- Patient chart
- Do not use a safe deposit box



Look Good...Feel Better

Look Good...Feel Better is a **FREE** program that teaches beauty techniques to women in active cancer treatment to help them combat the appearance-related side effects of treatment. For more information or to register for a session, call **1-800-227-2345**.

Look Good...Feel Better offers:

- A supportive environment for participants
- Information on coping with hair loss, including eyebrows and eyelashes
- Skin care and make-up techniques

Sessions will be on...TUESDAYS

Date: 2012 - January 10,

Time: 1:00 to 3:00 p.m.

Location: Anderson Recreation Center
125 W. Walnut Ave, Lompoc 93436

**Registration is required
to participate**

**To register, please call:
1-800-227-2345**



Look Good...Feel Better.



Personal Care Products Council Foundation

NCA National Cosmetology Association

COMMUNITY ACTION COMMISSION NUTRITION SERVICES PROGRAM



Adult Lunch Menu

				737-9366
Monday	Tuesday	Wednesday	Thursday	Friday
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
HOLIDAY	SALISBURY STEAK MASHED POTATOES GRAVY BROCCOLI DINNER ROLL/ORANGE MILK	BAKED CHICKEN SWEET POTATOES BROCCOLI DINNER ROLL FRUIT MIX MILK	BEEF STEW BROCCOLI DINNER ROLL APPLE MILK	TURKEY BURGER BURGER SIDES SCANDINAVIAN VEGGIES ORANGE MAYO MILK
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
MEAT LOAF MASHED POTATOES/GRAVY CARROTS DINNER ROLL/PROMISE ORANGE MILK	PHILLY STEAK ON A HOAGIE PEAS & CARROTS FRUIT MIX MILK	HAWAIIAN CHICKEN RICE PILAF PACIFIC BLEND VEGGIES BROCCOLI FRUIT MIX MILK	POT ROAST LIMA BEANS BAKED CORNBREAD ORANGE MILK	CHICKEN POZOLE POZOLE MIX PINTO BEANS TORTILLA PEARS MILK
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
HOLIDAY	SPAGHETTI MEAT SAUCE BROCCOLI CARROTS ORANGE MILK	CHILI CON CARNE W/ LOF. CHEESE PEAS/CAULIFLOWER DINNER ROLL BANANA MILK	BEEF & BROCCOLI BROWN RICE VEGGIE EGG ROLL MANDARIN ORANGES MILK	TUNA SALAD CARROTS & RAISIN SALAD GREEN SALAD APPLE 4 LOW SODIUM CRACKERS MILK
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
STUFFED PEPPER CAL BLEND VEGGIES DINNER ROLL ORANGE MILK	BAKED CHICKEN MASHED POTATOES GRAVY MIXED VEGETABLES PEARS MILK	PORK LOIN RICE PILAF BROCCOLI/CAULIFLOWER BANANA MILK	BEEF BIRRIA LIME, CILANTRO, ONION PINTO BEANS GREEN SALAD/ TORTILLA APPLE MILK	CHICKEN CORDON BLEU RICE PILAF BROCCOLI CARROTS ORANGE MILK
30-Jan	31-Jan			
PORK CHOP/GRAVY SWEET POTATOES GREEN BEANS DINNER ROLL ORANGE MILK	MACARONI & BEEF CAULIFLOWER PEAS PEACHES MILK			