

November-  
December

2016



*Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.* Charles Dickens

### **Tips for Staying Healthy During the Holidays**

The holidays are here, and with them come a plethora of opportunities to indulge. Sweets, rich goodies, and overeating are common throughout wintertime celebrations, and guilt all-too-often becomes a constant companion (not to mention indigestion, heartburn, sluggishness, gas, and a host of other issues!). As you find yourself surrounded by temptation, it's not unusual to doubt that it's even possible to be healthy through the holiday season. Diets are sure to fail and your usual healthy habits are disturbed by holiday activities, so what are you to do?

Go for a walk before each big meal.

Take small helpings; forgo getting thirds.

Don't starve yourself before big meals.

Fill your plate with colorful vegetables.

Be mindful and grateful while you eat.

Drink at least one full glass of water between every other beverage you consume.

Choose the more nutritious dessert options. Laugh. A lot.

Treat your cold before it takes hold.





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*one step at a time*

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**In-Home Recovery Care Manager**

The recovery process can be quite demanding for loved ones, leading families to seek out personal care assistance. Lisa Maxwell can help navigate families through this time-consuming process.

Lisa has a passion for helping seniors recover at home and takes the anxiety and stress out of the whole process of recovery!

**Lisa Maxwell**  
Certified Dementia Specialist  
Senior Recovery Advisor



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From Marty's Desk—

Our Health Fair last September 17 was a great success! Over 100 people came to see 22 vendors. The Senior Center provided a hot dog lunch at no cost. We had so many persons that there were no leftovers. It was great to see so many different aspects of health awareness and so many local vendors and business people willing to share their time and expertise with us. Rite Aid gave 35 flu and pneumonia shots.

**Mark Your Calendar:**

**The Senior Center will be *closed*: November 24 and 25, 2016**

**December 26, 2016**

**January 2, 2017**



From Sharon—

The special presentation by Mike from the Mac Superstore in SLO was a huge success according to all who attended. Mike addressed techniques for getting the most from your iPad or iPhone and was able to answer many specific questions from the attendees.

Jane Thornton, our computer consultant arranged for the Senior Center to have this seminar. She was able to negotiate a special price from the Mac Superstore to make attendance easier for our seniors. Thank you, Jane!!

Jane will address any follow-up questions the attendees might have.



## Services Offered by the Paso Robles Senior Center

### HEALTH SERVICES

CAPSLO presents a walk-in monthly clinic on the fourth Thursday for blood pressure screenings with cholesterol tests are available. There is no charge.

**HICAP** is a Health Insurance Counseling & Advocacy Program is here to help Medicare beneficiaries, providing free and unbiased information and counseling about Medicare so you can make informed decisions. There is no charge. Call 1-800-434-0222 for an appointment. A representative will meet with you at the Senior Center

### LEGAL SERVICES

Meet one-on-one with an attorney from Senior Legal Services. No charge; call 543-5140 to make an appointment. The attorney will meet with you at the Senior Center.

### HEALTH FAIR

Our annual Health Fair features flu and pneumonia shots as well as the opportunity to visit with up to 20 representatives from various health care disciplines. The Health Fair is generally held in September.

### DRIVER SAFETY

AARP sponsored driver safety classes are offered every other month. AARP member \$15.00; non-member \$20.00. Learn safe driving techniques and, possibly, receive a small discount on your auto insurance. Call LaVerne at 227-6527 to make a reservation.

## SENIOR NUTRITION PROGRAM

### Dining Room Lunches

The Senior Nutrition Program provides hot noontime meals to seniors sixty years of age and older. Two day advance notice is required. Suggested donations are listed below and are greatly appreciated. Remember to call **238-4831** and let us know you will be joining us so we can be prepared with the proper number of meals.

### Delivered Meals

Meals are delivered five days a week to qualified homebound individuals. A home visit is required for enrollment and eligibility before meals are delivered.



### Suggested Donations

(hot or frozen meals)

per meal \$2.75

5 days \$13.75



## VOLUNTEERS NEEDED

**SENIOR NUTRITION** Paso Robles is looking for volunteers to assist with **KITCHEN** meal delivery preparation and home delivery **DRIVERS**. This is a flexible volunteer opportunity. Call 805-238-4831 or stop by Senior Nutrition at the Paso Robles Senior Center Monday—Friday 8:00—12:30.

Visit our website at  
[www.snpslo.org](http://www.snpslo.org)



## 6 Essential Health Tips For Seniors

### From baby boomers to senior boomers: tips to keep you healthy and fit -

The first wave of baby boomers are turning 65 years old this year and becoming “senior boomers” and Medicare-eligible. In fact, more than 10,000 baby boomers a day are now turning 65—that’s one every eight seconds, a pattern expected to continue for the next 19 years.

Happily, aging is different now than it was for our parents and grandparents. Today, there are more people living longer than at any other time in history. In fact, boomers will number 78 million by 2030. “This generation, associated with social change including the civil rights and anti-war movements in the 1960s, has another important cause—staying healthy,” says soon-to-be 65-year-old Arthur Hayward, MD, a geriatrician and clinical lead physician for Kaiser Permanente. “We need to become activists in promoting healthful behaviors and try our best to remain active and healthy the rest of our lives.” How to do it? Dr. Hayward recommends these 10 easy health tips for seniors to help baby boomers live longer and thrive:

**Quit smoking.** Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and to excessive wrinkling by attacking skin elasticity. Many resources are available to help you quit.

**Keep active.** Do something to keep fit each day—something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

**Eat well.** Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.

**Maintain a healthy weight.** Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water—water is calorie free!

**Prevent falls.** We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

**Stay up-to-date on immunizations and other health screenings.** By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available.

### AARP DRIVER SAFETY CLASS

Classes are held Tuesdays and Thursdays.

Each class is four hours long and both days are required for course completion. Call LaVerne Wilkins at 805-227-6527 to reserve your spot .

**Next Class: November 8th and 10th**

AARP Member \$15.00

Non - AARP Member \$20.00

Remember:: Breakfast is served the third Saturday of each month at the Veteran’s Hall. The breakfast include pancakes, sausage, scrambled eggs, coffee and juice. \$6.00



**A**t Senior Helpers, we offer customized in-home care services that truly set us apart, like our Senior Gems® program. Led by renowned dementia care expert Teepea Snow, Senior Gems takes a positive approach to Alzheimer’s and dementia care, focusing in what your loved one can do instead of what they cannot do.

Don’t face Alzheimer’s and dementia on your own. Take a step in a positive direction by contacting Senior Helpers today. Call us to learn more.

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Care and comfort of tomorrow's today.

Services, Programs & Activities (Contact Name)	Phone Number	Time	Day	Date	Fee
<b>AARP Driver Safety Class</b> --Reservation required. Call instructor <b>LaVerne Wilkins</b> to register.	227-6527	Pre- Registration Required	Tuesday & Thursday	Monthly	\$15 AARP Mem \$20 Non-AARP
<b>Arthritis Exercise Class</b> --in English and Spanish. 20 years of experience--Gladys Morales instructor	227-4913	10:00-11:00	Monday & Friday	Weekly	\$15/Mo.
<b>Artist Group</b> – Sketch/Paint Group - Anyone who enjoys the arts are welcome. Share techniques, tips, creative ideas and have fun (Kathy)	835-9072	9:00 am - 12:00 pm	1st, 3rd & 5th Tuesday	Monthly	Free
<b>Bingo Mania</b> ~ 9 Games - Free popcorn or bring your own refreshments to enjoy.	237-3880	1:30 pm - 3:30 pm	Wednesday	Weekly	1 card \$1.00 5 cards \$5
<b>Body in Balance for Active Aging</b> - <i>City Program Body alignment, breathing and balance. Certified instructor Faye Baker</i>	237-3881	10:00-11:00 am	Wednesday	Weekly	\$46/Mo.
<b>Braille Institute</b> ~ Information about free programs and available resources for dealing with vision loss.	682-6222	10:00 am - 12:00 pm	1st Thursday	Monthly	Free
<b>Brain Aerobics</b> --The small group class features scientifically proven exercises to build a better memory. (Dr. Sonia Glassmeyer)	237-3881	9:30-11:00am	Thursday	1st and 3rd	Free
<b>Bridge: Duplicate Bridge</b> ~ A card game for those who like the challenge of real competition. (Fred Strong)	238-5400	12:30 pm - 4:30 pm	Mon & Thurs	2 x Week	Annual Dues
<b>Bridge: Party Bridge</b> ~ A fun, social card game. (Mary Mazzo)	434-2371	12:30 pm - 4:30 pm	Wednesday	Weekly	Free
<b>Bunco</b> --A game played with dice and a whole lot of luck! (Bonnie)	468-4224	12:30 pm - 2:30 pm	Thursday	4th	\$2

Happiness is nothing more than good health and a bad memory.

Albert Schweitzer

<b>Services, Programs &amp; Activities</b>					
<b>(Contact Name)</b>	<b>Phone Number</b>	<b>Time</b>	<b>Day</b>	<b>Date</b>	<b>Fee</b>
<b>Canasta Club</b> ~ A card game for two to six players, related to rummy and requiring two or three decks of cards. Everyone Welcome! (Joan)	237-2528	1:00 pm - 4:00 pm	Friday	Weekly	Free
<b>Classical Music Appreciation</b> --Classes re-sume January 26-March 2, 2017. Music of all periods.	237-3880	1:00 pm - 4:00 pm	Thursday	Weekly	Free
<b>Computer Assistance</b> ~ One on one computer instruction. Call for appointment with Jane Thornton	237-3880	By Appointment	Wednesday	Weekly	Free
<b>Computer Club, North County</b> ~ For more information visit <a href="http://www.northcountycomputerclub.org">www.northcountycomputerclub.org</a> . (Joseph)	238-6261	1:00-3:00 pm	Tuesday	2nd & 4th	Annual Dues
<b>Cribbage Card Club (Barbara)</b>	226-0712	9:30 am-12:00pm	Mon & Thurs	Weekly	Free
<b>Essential Oils</b> —Health Education Series—How the oils can be. used as natural remedies and other uses	469-5609	11:00-12:30	Tuesday	3rd	Free
<b>Emeritus Classes</b> —Cuesta College offers free emeritus classes for seniors. Subjects and days vary. See monthly calendar.	237-3880	Varies	Varies	Weekly	Free
<b>Flexercise Class</b> --Low-impact exercise class-- <b>FOLLOWED BY:</b>	237-3880	9:00 am - 10:00 am	Tuesday	Weekly	Free
<b>Walking Group--Follows Flexercise</b> --Meet in the Senior Center lobby and cruise around the Sherwood Park neighborhood.	237-3880	10:00-11:00 am	Tuesday	Weekly	Free
<b>Introduction to Genealogy</b> --Explore various ways and sites to compile a family history <i>your way</i> . <i>Receive guidance and assistance as you learn researching tools and methods.</i>	237-3880	10:00 am-12:30pm	Tuesday.	2nd and 4th	Free
<b>Good Neighbor Wilshire Volunteer &amp; Assistance Program</b> ~ Housework, yard work, minor home repair, meal prep, transportation, shopping/errands.	547-7025 x 26	Any	Any	M-F	Free
<b>Grief Widow/Widower Support Group</b> ~ Call Central Coast Hospice (Camille Johnson) One on One counseling as well by appointment.	540-6020	10:00-11:00 am	Friday	Weekly	Free

**Services, Programs & Activities**

<b>(Contact Name)</b>	<b>Phone Number</b>	<b>Time</b>	<b>Day</b>	<b>Date</b>	<b>Fee</b>
<b>Health Screenings for 50+</b> ~ Provided by Community Action Partners (CAP).	544-2484 x 1	9:00 am - 12:00 pm	Thursday	4th	Free
<b>HICAP Health Insurance Counseling &amp; Advocacy Program</b> ~ (Medicare) Call to schedule an appointment.	928-5663	By Appointment	Thursdays	2x Month	Free
<b>History Buffs</b> ~ New topics every month (Gary Kuhn)	237-3880	12:00-1:00 pm	Thursday	1st	Free
<b>Knitting Group</b> ~ Joyful Knitters - Social knitting group willing to teach - knit baby caps, scarves, gloves & more!	237-3880	2:00-4:30 pm	Thursday	Weekly	Free
<b>Legal Aide for Seniors</b>	543-5140	By Appointment	By Appt.	By Appt	Free
<b>Lending Library</b> ~ Borrow printed, including large print books at your leisure. Low-vision services available.	237-3880	Any	Any	Any	Free
<b>Mah Jongg Tile Game</b> ~ Chinese game with 152 tiles.	237-3880	1:00-3:30 pm	Tuesday	Weekly	Free
<b>Mindfulness &amp; Meditation</b> --Relaxation and concentration techniques you can practice at home. (Tom)	464-6210	11:00-12:00	Thursday	1st & 3rd	Free
<b>Movie: New Releases! Classics!</b> ~ Free Popcorn	237-3880	12:30 PM	Friday	2nd & 4th	Free
<b>PEDRO Card game</b> ~ Pedro (pronounced "peedro") an American trick-taking card game of All Fours family based on Auction Pitch. (Carol)	286-4938	1:00-4:00 pm	Tuesday	1st and 3rd	Free
<b>Pinochle</b> is a trick-taking game for four players and is played with a 48 card deck. Casual card game. (Barbara)	226-0712	12:00-4:00 pm	Mon & Thurs	2X Week	Free
<b>Poker</b> -A casual not-for-money card game involving the ranking of card hands and strategy.	226-0712	Times Vary	Days Vary See Calendar	Weekly	Free

<b>Red Hat Society - Happy Hatters</b> ~ A society of women that connects, supports and encourages women in their pursuit of fun, friendship, freedom, fulfillment, and fitness. (Verna)	237-0931	10:00-11:30 am	Friday	1st	Free
<b>Scrabble</b> ~ Word Board Game with tiles. (Lynne)	467-3565	1:00-3:00 pm	Friday	Weekly	Free
<b>Senior Advisory Public Meetings</b> ~ Open to everyone, meets second Monday of each month at the Senior Center.	237-3880	1:30-3:00 pm	Monday	2nd	Free
<b>Senior Center Membership</b> ~ Supports the Senior Center programs, amenities & receive the bi-monthly newsletter.	237-3880	Any	Any	Any	Fee varies
<b>Senior Endowment Fund</b> ~ Contributions, endowments, and memorials help insure the future of senior services. (Lynda)	237-3987	Any	Any	Ongoing	Free
<b>Senior Nutrition</b> --Hot noon-time meals provided to seniors 60 and over. Home delivery available. Registration required.	238-4831	11:30am-12:30pm	Daily	Ongoing	Donations
<b>Senior Peer Counseling</b> --Free in-home senior support. (Traci Mello)	547-7025 x 15	Any	Any	M-F	Free
<b>Senior Scholarships</b> ~ 50% discount on Recreation Classes available to qualifying Seniors. (Rec Department)	237-3988	Any	Any	Ongoing	Free
<b>Sewing Group</b> ~ Please call if interested. Small group and limited openings. (Diane)	238-6516	10:00am-4:00pm	Tuesday	2nd and 4th	Free
<b>Sign Language Class</b> --Introduction to signing. Learn basic American Sign Language.	237-3881	10:00-10:45	Wednesday	weekly	Free
<b>Stamp Collectors' Group</b> ~ Learn, talk and trade! (Tom)	239-0087	10:00-11:00am	Monday	1st and 3rd	Free
<b>Taxes--AARP</b> - Have your taxes done for FREE! Call Senior Center for appointment.	237-3880	By Appointment	Tuesday and Thursday	Jan. - April	Priceless
<b>Volunteering with RSVP</b> ~ Lots of opportunities; everyone over 55 welcome! Application brochures available. (Marie)	544-8740	Any	Any	Any	Free

Services, Programs & Activities (Contact Name)	Phone Number	Time	Day	Date	Fee
<b>Cribbage &amp; Pinochle Card Group All welcome! (Peter or Jim)</b>	226-0712	9:30 am- 1:30 pm	Wednesdays	Weekly	Free
<b>Woodworkers' Association</b> ~ Call for location. (Bonnie)	<a href="mailto:info@hesawshesaw.com">in-fo@hesawshesaw.com</a>	7:00-9:00pm	2nd Thursday	Monthly	Free
<b>Yoga for Seniors (afternoons) ~ Easy ~ level class</b> to stretch your muscles and maintain balance. No live instructor at this time. Small size class so come and meet a few of the ladies!	237-3880	2:30-3:30 pm	Mon & Friday	Weekly	Free
<b>Yoga for Seniors (Morning) ~ Intermediate level class</b> to stretch your muscles and maintain balance. No live instructor at this time.	237-3880	8:30-9:30 am	M-W-F	Weekly	Free

### Calendar Notes

We will be collecting new unwrapped toys for the **Toy Bank** again this year. Please bring a toy and leave it in the specially marked box next to the reception window. Boys and girls in our community will be very grateful!

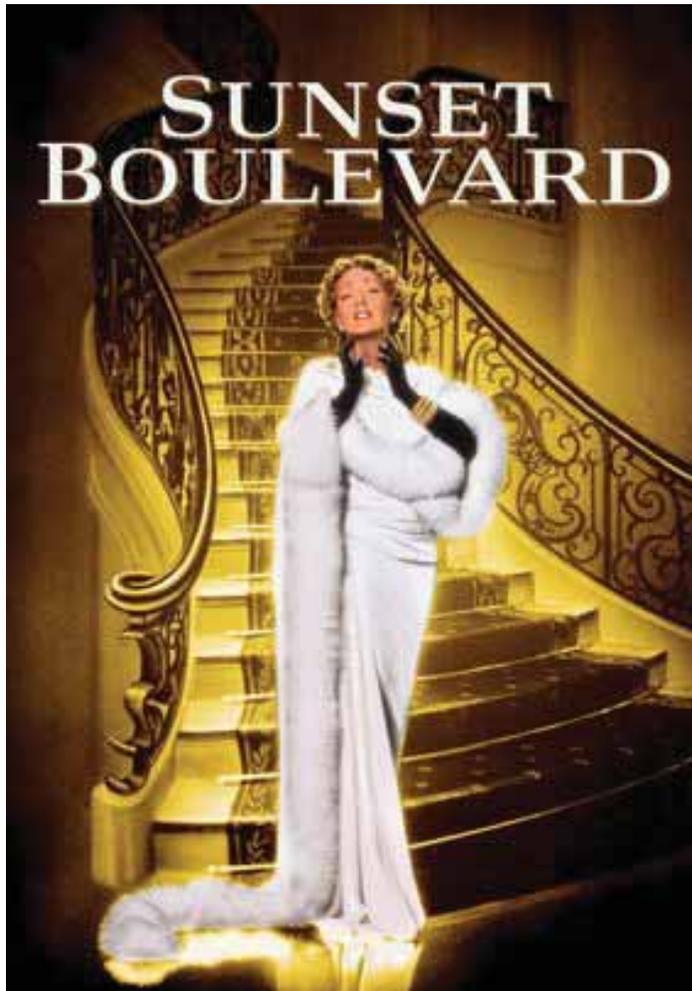
Also, **Zoo To You** is collecting Christmas lights and decorations. They will be glad to pick them up. Please call Mary Ellis at 238-5446.

**From Senior Nutrition:** If you are interested in having lunch on one or both of these days—mark your calendar! The last day to sign up for the November lunch is Tuesday, November 15. The luncheon is Wednesday, November 23. The last day to sign up for the (hot) December luncheon is December 14. The December luncheon is Friday, the 23rd. The dining room will be capped at 60

**Senior Center Holiday Get Together—** December 23rd at 2:30 PM. Santa will be paying a visit to all the good gals and guys. There will be cookies and hot apple cider!

**Time Changes Sunday, November 6. Set your clocks back one hour.**

We at the Senior Center wish you a very happy and safe holiday season this year!!



Suns

We will be showing only one film during the months of November and December because of the holiday schedule.

Running from debt collectors, screenwriter Joe Gillis stumbles upon the crumbling mansion of former silent-film star Norma Desmond. As he begins penning a comeback screenplay for her, their professional relationship evolves into something more. 1950 1 Hour, 50 Minutes

Cast: William Holden, Gloria Swanson, Erich von Stroheim



December 9  
12:30 PM



## Senior Volunteer Services

Paso Robles Senior Center

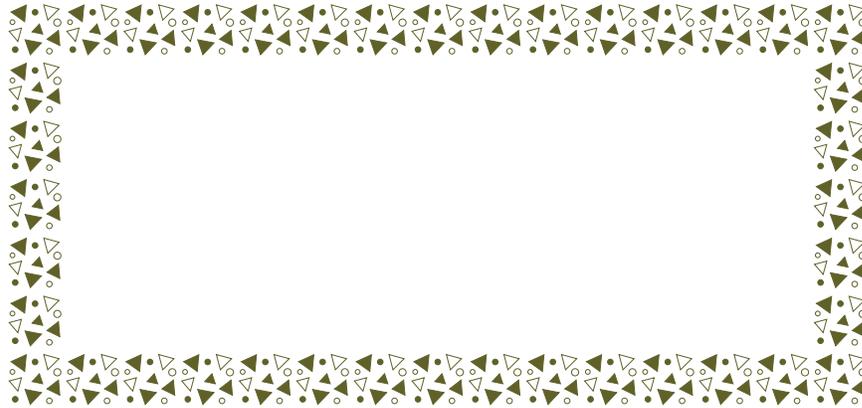
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November -December 2016

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### NEWS FROM SENIOR VOLUNTEER SERVICES



#### CALIFORNIA PROPERTY TAX POSTPONEMENT PROGRAM!

*Do you or a loved one need help keeping up with residential property tax payments?*

*The State Controller will accept applications for the Property Tax Postponement (PTP) Program beginning in October 2016. The PTP Program allows eligible homeowners to postpone payment of property taxes on a primary residence. To be eligible for PTP, you must:*

- Be at least 62, or blind, or have a disability;*
- Own and occupy the home as your primary place of residence;*
- Have a total household income of \$35,500 or less; and*
- Have at least 40% equity in the property.*

*More details about how to apply are available on the State Controller's website. Questions? Contact the Controller's team at (800) 952-5661 or [postponement@sco.ca.gov](mailto:postponement@sco.ca.gov)*

***A flyer with additional information is available in the lobby or at the information desk in English and Spanish.***