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LAGUNA BEACH SENIORS NEWSLETTER • MARCH/APRIL 2009 • VOL 26 NO 2



LAGUNA BEACH SENIORS AT THE SUSI Q
380 THIRD STREET LAGUNA BEACH CA 92651
TEL: 949.497.2441 FAX: 949.497.1831
EMAIL: INFO@THESUSIQ.ORG
WEBSITE: WWW.THESUSIQ.ORG

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FIRST IMPRESSIONS BY SKIPPER LYNN

First came the goose bumps, then a discernible shiver, a pause to feel the awesome beauty of Our Place, and then I just let the tears fall. We've waited so long! But every good thing is worth the wait and this is a good thing, a magnificent thing. I composed myself and started making my way through the crowd, asking for comments along the way. Louise Buckley: (past President): "I'm thrilled that it's finally completed, but so many people have taken another turn and aren't here today." Verna

Rollinger: "What a fabulous community resource!" Fannie Lum [Big Smile] "Fabulous!" Ruth Stafford: "The space is amazing—big and roomy." Mark Sipprello: "For us to have this quality fits in our town of quality. It's such a great asset." Gisela Lopez (who runs our South County Seniors Services lunch program):

"The kitchen is fabulous with big, modern conveniences, easy access, easy to work in, big skylights—and the tables are for eight!" Peggy Ford: "There's so much work that's gone into



AT OUR FEBRUARY 9 SUSI Q SOCIAL, MEMBERS OF THE PARK AVENUE PLAYERS FROM THE HIGH SCHOOL PERFORMED SELECTIONS FROM THEIR UPCOMING PRODUCTION OF "FIDDLER ON THE ROOF." IT WAS THE FIRST TIME WE HAD GIVEN THE ACOUSTICS IN THE GREAT ROOM A WORKOUT. THEY PASSED WITH FLYING COLORS AND THE CAST WAS TERRIFIC. FIDDLER OPENS MARCH 19 FOR EIGHT PERFORMANCES AT THE ARTISTS' THEATRE, WITH SUNDAY MATINEES. CALL 949/497-7769 TO RESERVE SEATS. (ONLY \$12 FOR SENIORS!) THANK YOU, SKIPPER LYNN, FOR BRINGING THE PARK AVENUE PLAYERS TO THE SUSI Q—AND THANK YOU PLAYERS, MARK DRESSLER, AMANDA HASTINGS, AND ROXANNA WARD.

this!" Carol Reynolds: "It feels like I've died and gone to heaven." Margaret Butt: "Well-done! It's nice to have a place like this for seniors." Jack King: "We needed it so badly. Maybe now more seniors will come." Jack and Jackie Schirm: "Love the finish on the outside. We've watched it go up—a big

improvement for the city. Laguna should have this place." Niko Theris: (about having a senior and community center under one roof) "Glad the two are joined." Valerie Niedig: "It's inspirational to know how many people love our seniors enough to do this."

WELLNESS HIGHLIGHTS AT THE SUSI Q

BRILLE INSTITUTE: MANAGING VISION LOSS

Who: Braille Institute Community Outreach
What: Monthly workshops with positive solutions for anyone whose vision is fading.
When: Tuesday, March 3 & April 7, 1:00 - 3:00, and first Tuesdays through December.

CASE MANAGEMENT

Who: Judy Denton
What: Our experienced, professional case manager works with seniors and their families in their homes or at the Susi Q to discuss needs such as nutrition, transportation, shopping, home-making, personal care, medical care, independent living, and alternative housing. She links clients to community resources and develops individual care plans to provide the best quality of life in the safest possible way while living at home.
When: Every Tuesday & Friday, 1:00 - 5:00, by appointment.

CHOLESTEROL SCREENINGS

Who: Cheryl Lowes, RN, PHN, OC Preventative Health Care
What: Lipid panel done with a finger prick. For those 50+ with no screening within last year. Fasting for 8-12 hrs is preferable. By appointment only. Call 949/497-2441.
When: Monday, March 16, 9:00 - 12:30.

HEALTH ASSESSMENTS

Who: Cheryl Lowes RN PHN, OC Preventative Health Care
What: A check-up and health review.
When: Monday, March 2, April 6 & 20, 9:00 - 1:00.

HEALTH INSURANCE COUNSELING/ ADVOCACY (HICAP)

Who: HICAP Volunteers
What: Skilled advice for people having problems with Medicare and health benefits.
When: Monday, March 23 & April 27, 12:00 - 3:30.

LEGAL AID (FOR 60+)

Who: Mary Toups, Legal Aid Society
What: Expert advice on a wide range of legal matters.
When: Tuesday, March 3 & April 7, 12:30 - 2:30.

HEALTH PROMOTION SEMINARS

Who: Dr. Tom Bent, Community Clinic Medical Director, and colleagues.
What: Educational presentations on a wide variety of subjects that promote health, wellness, and independence.
When: Mondays, March 23 & April 27, 10:00 -11:00.

AND MUCH, MUCH MORE...



Studio Two room donor Bobbi Cox (right, with Ann Quilter) invites you to explore the many wellness and fitness classes at the new center—like Latin Aerobics, Tuesdays starting March 24 from 8:30 - 10:00. It's "dancercise" with a salsa sizzle.

FOR APPOINTMENTS AND INFORMATION CALL 949.497.2441

SUSI Q TIPS FOR MARCH AND APRIL

IT'S YOUR MONEY

Who: Peter Kote, moderator, and guest experts.
What: LBS is co-sponsoring this series of free weekly workshops that provide education and practical solutions to your estate planning issues. No products are sold. No names are taken. This is a free and risk-free way to take charge of your estate—forever.
When: Fridays, from April 3 - May 22, 1:30 - 3:00.

COMPUTER CLASSES: THE BASICS

Who: Irvine Valley College Emeritus instructors.
What: "Introduction to Personal Computers" and "Introduction to the Internet and E-mail" covers all the basics for beginners. Each class has a \$20 fee. You must call IVCE at 949-451-5226 to register.
When: Tuesdays, March 24 to April 19, 9:00 - 10:30 and 10:30 - 12:00.



LEFT: TAX VOLUNTEER JIM HERDMAN (AT RIGHT) IS ABOUT TO DO A THREE-FER WITH HANS AND SHARON ASCHAUER, AND HER MOTHER EILEEN KELLY. RIGHT: GERONTOLOGIST DR. KERRY BURNIGHT (RIGHT, WITH JNANA ANDERSON AND PEGGY MARADUDIN OF THE OSHER LIFELONG LEARNING INSTITUTE) KICKED OFF OLLI'S CLASSES AT THE SUSI Q WITH A SCIENTIFIC LOOK AT AGING BRILLIANTLY.



TAX PREPARATION

Who: AARP/IRS-trained volunteers.
What: Free basic tax help for mid- to low-income persons, with extra care for those 60+. Bring 1099s and W-2s, deductions/credits, last year's return—and your partner if filing a joint return. Note: Volunteers are not trained to prepare returns with large business depreciation, rental or partnership income.
When: Wednesdays & Thursdays, 9:00 - 1:00, through April 15.

OLLI SPRING SEMESTER AT THE SUSI Q

Who: Osher Lifelong Learning Institute.
What: Associate Memberships are only \$40 for the Spring Semester. Classes are: "How to Enjoy Sex and Murder...in Opera," "Wine Tasting and Learning" (\$10 fee), "The Mahgreb: A Traveler's Tale," and "Russia." Call OLLI at 949-451-1403 for information.
When: Thursdays, March 12 & 19, 9:30-11:30 (Sex); March 19, 1:30-3:30 (Wine); April 9 & 16, 1:30-3:30 (Mahgreb); April 23 & 30, 9:30-11:30 (Russia).

BOOK CLUB UPDATE

Who: People who love to read and talk about it.
What: This member-run club is having its first meeting in the Susi Q Library.
When: Thursday, March 5 & April 2, 2:00 - 3:00

TRAVEL CLUB SURVEY

Who: Fun people who love to visit fun places.
What: Tell us if these day trips strike your fancy: The Nethercutt Collection w Lunch at the Smoke House (@\$70/pp); Taste of Temecula Wine and Cheese Tour (@\$95/pp); San Diego by Train w Lunch at Seaport Village (@\$112/pp). Other destinations are being explored. All suggestions welcome.
When: To be determined.

LOCA WATERCOLOR WORKSHOP

Who: Instructor Roger Folk.
What: Shore Birds & Ocean Tides. Space is limited! To enroll call 949-464-9535.
When: Wednesday, March 11, 18 & 25, 1:00 - 3:00

CALL 949.497.2441 FOR APPOINTMENTS AND INFORMATION



A VERY GRAND OPENING

PICTURES AND STORY BY EMILY QUILTER

The grand opening of the Susi Q always felt like it was ten years away, so when I stood on the Hearts Plaza for the ribbon-cutting, it felt a bit odd. Weren't there still floor plans to review? Furniture designs to fret over? And the fundraising—weren't we still so far from our goal? To think of the Susi Q as "open for business" was bizarre: surely we couldn't be finished! I wandered around the center with my camera in hand, which is my customary duty—to record the event for our history. But on this day, at this event, I had a hard time remembering to click my shutter. Walking into the library, I was startled by its sleek modern lines, paired wonderfully with the Laguna cottage feel we all love. The specially sprung dance floors of the dance studios, the flat-panel monitors in the Tech Center, and the sheer size of the Great Room: I had a hard time translating what we dreamed about in our little place on Legion Street to this clean, bright, big new space. I was just amazed at our accomplishment. It's been seven years since Gr'ma Whiz (the grandkids' name for Susi Q) passed away, and while I missed her fiercely for a long, long time, it's now subsided to a quieter kind of absence. On that Saturday, though, when I saw her picture encased in a sheet of softly buffed metal and her nom de plume over the double doors, I missed her fiercely again. I don't know if she would have gleefully attended the grand opening, but I'm positive she would have enjoyed the fireplace with a choice group of friends. My favorite place isn't a room: it's the Founders Wall. All those names, all these people—many I call friends—put their names on this wall for one vision: a communal place to call home. The Wall is the senior center family tree. I love this wall. I am so proud of us, of Laguna.



UPPER LEFT, COUNTERCLOCKWISE) JANE AND JOE HANAUER (NUTRITION SERVICES) SURROUNDED BY SOROPTIMISTS (LOWER PLAZA) • BOBBI COX (DANCE STUDIO 2) • SUSI Q GRANDDAUGHTER EMILY QUILTER • PAST PRESIDENT VIRGINIA SCHOTT AND ESCORT • STEVE GROMET AND COUNCILPERSON TONI ISEMAN • JUDY AND FRANK BAKER (PLAZA BENCH) • THE SONS OF SUSI Q: CHARLIE, CHRIS, MATT, AND PATRICK QUILTER • KYNE DANCE ACADEMY STUDENTS IN STUDIO ONE • VICKI BAUM, LEWIS GUTHRIE, DARYL KLING, A FRIEND, AND DONALYN KLING (TECH ROOM AND ART ROOM) • LPA ARCHITECT AND LAGUNA LOCAL CHARLIE WILLIAMS WITH HIS WIFE SARAH • BARBARA AND DAN APPLETON WITH GIGI AND BEN BLOUNT • CENTER CHAMPION AND MAYOR PRO TEM ELIZABETH PEARSON (GREAT ROOM) • DR. KOREY JORGENSEN, SCOTT SMITH OF KAISER PERMANENTE, BOARD MEMBER DARRCY LOVELAND BICKEL, AND EXECUTIVE DIRECTOR BEA FIELD • KAY WHITAKER (GAME ROOM) • MORE PICTURES AT [PICASAWEB.GOOGLE.COM/EMILYQUILTER/SUSIQSENIORCENTER GRANDOPENING](https://www.picasaweb.google.com/emilyquilter/susiqseniorcentergrandopening)