

BOARDWALK

LAGUNA BEACH SENIORS NEWSLETTER • NOVEMBER/DECEMBER 2009 • VOL 27 NO 6



ON OCTOBER 23, WE HOSTED A FOUNDERS WALL EVENT AT THE SUSI Q TO HONOR THE FAR-SIGHTED MAJOR DONORS WHO DECIDED THAT THE TOWN WE LOVE DESERVED A GREAT PLACE WHERE OLDER RESIDENTS COULD FIND SERVICES THAT PROMOTE INDEPENDENCE, WELLNESS AND COMMUNITY. THANK YOU ALL!

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FROM THE SUGGESTION BOX

BY EXECUTIVE DIRECTOR BEA FIELD

The Susi Q is bustling, and what makes it such a busy and happy place is all the members who come to share the fun and make new friends. Everyone takes such an interest in all phases of the senior/community center and many have made suggestions to make it even better.

Here are some ideas from the Suggestion Box in the last two months: 1) Have a genealogy class, which we did in September and will have again; 2) have more board games available, which you can now find in the game room; 3) have a music class, and we now have a piano, guitar and sing-along classes; (4) have paper recycling cans, and there's one at the front desk.

What we can't do is squeeze another bingo day into the schedule, or a ceramics class (we don't have the equipment), or more yoga classes (because of IVC's budget). Nor can we supply lockers for people's belongings. And the sandwiches at lunch come already made, so the fillings can't be separated from the bread (except by you).

More great ideas: a monthly Lunch Bunch for grandparents and grandchildren, and activities "for men only." But what kind? Let us know, gentlemen, and we'll try to make it happen!



JUNE IRELAND AND GAYLE WAITE WERE TWO OF THE 500 PEOPLE WHO GOT FREE FLU SHOTS ON OCTOBER 15—UNTIL THE NURSES FROM MISSION RAN OUT OF THE COUNTY-SUPPLIED SERUM. JUDY STEWART (SEATED), PAM HOROWITZ AND DICK WILLIAMS WERE AMONG THE MANY VOLUNTEERS WHO KEPT THINGS HUMMING.

THE TAIL THAT WAGS THE DOG

BY BOARD PRESIDENT CHRIS QUILTER

What was our biggest problem at Legion Hall? Right: parking. What's our biggest problem at the Susi Q? It's not possible! Remember when we swooned at the sight of *all that parking*?

Most people don't realize that the City and Laguna Beach Seniors operate within a shared parking agreement which was required to build the new center. It's part of a larger plan for the downtown area, and it's good public policy even though *we're* now feeling its pinch.

Here's the dilemma: neither LBS nor the City can introduce a new program or activity, or rent or share a room, if it exceeds the capacity of the garage using a well-designed formula. So parking is still "the tail that wags the dog"—and we have to learn to live with it.

The only solution is a long-term, ongoing effort to promote other ways to get to the Susi Q: carpooling, walking, being dropped off, and taking the bus. (Oops. We don't have a bus stop in front of the building—yet!)

To get out of our cars and still get around our up-and-downhill town, we need better—and better coordinated—transportation options. That's also going to be the *only* way we will make optimal use of our great new community/senior center. So let's all put our heads together!

IN THE SPOTLIGHT FOR NOVEMBER AND DECEMBER

"THE 40/70 RULE"

What - Are you around 40 with parents around 70? It's time to talk about the difficult topics of aging: driving, finances, independence, and end-of-life issues. Learn how to bridge the communication gap between seniors and their families.

When - Tuesday, Nov 17, 6:00-7:00.

CASE MANAGEMENT

What - Case manager Judy Denton develops care plans and links clients to resources that promote the best quality of life in the safest possible way.

When - Tuesday & Friday, 1:00-5:00 by appointment.

HEALTH ASSESSMENTS

What - A checkup and health review from Public Health Nurse Cheryl Lowes.

When - Monday, Nov 2 & Dec 7, 9:00-12:00 by appointment.

BROWN/BAG-Rx MEDICATION REVIEW

What - Bring in your meds, and any over-the-counter drugs and vitamins you take, and Pharmacist Bill Liu and Nurse Cheryl Lowes will review them with you and answer your questions.

When - Monday, Nov 23, 9:00-12:00.

HEALTH INSURANCE COUNSELING (HICAP)

What - Skilled advice for people having problems with Medicare and health benefits.

When - Monday, Nov 23 & Dec 21, 12:00-2:15 by appointment.

TAKE CHARGE: PREVENT FALLS

What - Learn how to prevent falls from Dr. Gina Kay and physical therapist Carol Fracalosi. Includes a 30-second test to see if you are at risk and fall prevention tips.

When - Friday, November 13, 10:30-11:30.

THE SUSI Q IS CLOSED ON WEDNESDAY, NOVEMBER 11; THURSDAY, NOVEMBER 26 UNTIL MONDAY, NOVEMBER 30; AND THURSDAY, DECEMBER 24 UNTIL MONDAY, JANUARY 4.

MANAGING VISION LOSS

What - Braille Institute workshops with positive solutions, discussion and support.

When - Tuesday, Nov 3, 1:00-3:00 - Tour of Braille Institute Campus. Bus will be provided from the Susi Q. Call for details.

HEARING SCREENINGS

What - Undetected hearing loss can isolate you from others. Get a comprehensive free assessment from hearing specialist Dr. Rob Pettis.

When - Friday, Nov 6, 11:30-3:30.

YOGA, FITNESS, & MORE

What - Some of the town's best wellness experts are in Studio I & II. Community services classes include Leslie's Stretch & Strengthen, Mary's Sensational after 60, Mindful Movement, Yoga Break, Sacred Anatomy Yoga, Yoga Ball, Fat Burner, Jazz Workout, Aquatic Fitness at the LBHS Pool, and Senior Tennis in Alta Laguna.

When - Throughout the week. Check our calendar and at the front desk.

LEGAL AID

What - Mary Pat Toups from the Legal Aid Society offers expert advice on a wide range of legal matters for folks over 60.

When - Tuesday, Nov 3 & Dec 1, 1:00-2:30.

LEGAL ADVICE

What - Free legal advice from attorney Russ Boltz.

When - 2nd & 4th Fridays, 9:00-11:30. Drop by or schedule an appointment for Nov 6 & 20, or Dec 11.

BEATING THE HOLIDAY BLUES

What - A free seminar led by Lynne Grabyan, MS, will help you understand why holidays can be the hardest times—and what to do about it.

When - Nov 4, 10:00-11:30.



AT OUR LAST SUSI Q SOCIAL, EILEEN WRIGHT MADE OUR SPINET SOUND LIKE A STEINWAY AND THEN ACCOMPANIED FRED WICKNICK, VIRGINIA TOWNE AND PATRICK DUNDON IN A WIDE-RANGING SELECTION OF SONGS.

TIMES & DATES SUBJECT TO CHANGE, CALL 949.497.2441 FOR APPTS & UPDATES.

IN THE SPOTLIGHT FOR NOVEMBER AND DECEMBER

INTREPID TRAVELLERS

What - We're off to the Bowers Museum in Santa Ana for the "Latin American Masters" exhibit. Wear comfy shoes, bring exact change. Bus day pass \$3, \$1.25 for seniors; Bowers admission (62+) is \$9.

When - Wednesday, Nov 4, leaving from the OCTA bus depot in the morning. Check for exact times.

OLLI AT THE SUSI Q

What - Osher Lifelong Learning Institute classes continue into December. Exciting new courses are in the works for 2010!

When - Nov 2 & 9 (Music & Art in the Classical Era), 1:00-2:20; Nov 30 and Dec 7 (New Energy Plans) 1:00-3:00.

CHANGES AT IVCE

What - Irvine Valley College Emeritus has been hit with funding cuts. Look for modest course fees and attendance minimums. A positive note: registration will be easier. Stay tuned.

When - Next semester.

KNITTING CLASS

What - A 3-week class for Knots of Love which donates caps to those with life-threatening illnesses. Learn how to cast on, decrease stitches, problem solve, and knit a baby cap. Cost: \$26.

When - Friday, Oct 30, Nov 13 & 20, 1:30-3:30.

BOOK CLUB

What - Our first book club is full! If you love to read and talk about it, call Club coordinator Phyllis Wilson at 949/497-7170 and we'll try to get a new club started. Mysteries? Nonfiction? Classics? Let us know!

CELEBRATION CLUB

What - A party honoring you during your birthday month. Join us to share the stories that have made Laguna a great place to live. Great cake too.

When - Monday, Nov 16 & Dec 21, 10:30-11:30.

HOLIDAY PARTY AT TIVOLI TERRACE

What - Where has the year gone? Join us at Tivoli Restaurant to celebrate a year at the Susi Q and the blessings of good company. Reserve now! \$30.

When - Monday, December 14 from 11:30-2:00.

BALLROOM DANCING

What - Teacher Candi Davis is looking for couples and singles who love to dance. Ballroom to Latin to Country. Wear leather-soled shoes.

When - Mondays, 2:00-3:00. \$5/class.

TABLE TENNIS

What - Some call it ping-pong. Paddles and balls available.

When - Wednesdays and Fridays from 1:00-4:00.

REFRESHER BRIDGE

What - Our bridge classes are full to bursting! But bridge is a great game, so let Mariann know if you'd like to see more classes and playing times at the Susi Q.

MONDAY AT THE MOVIES

What - Great flicks, popcorn and refreshments.

When - Mondays, 1:00-3:00.

TABLETOP TREASURES

What - Tabletop swap meet. Bring donations (small items!) only on Thursdays.

When - Thursdays, 10:00-12:00, in the Lobby.

COMPUTER CLUB

What - Our computer guru Lee Rhodes formed this new member-run club.

When - Second Fridays, Nov 13 & Dec 11, 1:00-3:00

SENIOR COUNCIL/SUGGESTION BOX

What - Bill Allen, Skipper Lynn, Fred Wicknick, and Magda Herlicksa make sure that members' suggestions and concerns are heard.

How - Use the suggestion box at the front desk.



WHAT DO PROGRAM MANAGER MARIANN TRACY AND BALLROOM INSTRUCTOR CANDI DAVIS HAVE IN COMMON? THEY'RE ALMOST NEVER SEEN STANDING (OR SITTING) STILL.



LOOK WHERE OUR INTREPID TRAVELLERS WENT IN SEPTEMBER USING PUBLIC TRANSPORTATION! NEXT UP: THE BOWERS MUSEUM!

LAGUNA BEACH SENIORS

OUR MISSION IS TO ENHANCE THE LIVES OF SENIORS THROUGH PROGRAMS AND SERVICES THAT PROMOTE INDEPENDENCE, WELLNESS, AND COMMUNITY.

AT THE SUSI Q

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IN THE SPOTLIGHT: ROSE TING

BY SKIPPER LYNN

Talking to Rose the other day, I realized what a wonderful, giving woman she is. Her life is about service to others. Born in Shanghai in 1933, she lived in a kind of triangle for many years - from Shanghai to the Philippines to Taiwan. Through all this she managed to get a first class education from the Belgian Catholic nuns at St. Theresa's College in the Philippines, where she lived during World War II.

One day her mother said, "We must go! We must leave now!" So the parents and five children piled into a dugout canoe and paddled to another island in the Japanese-occupied Philippines. Two days later, the villagers were all massacred. Rose and her family were spared, thanks to her mother's intuition.

In 1970, Rose moved to America. She lived in San Francisco until 1981, working for the Bank of America in accounting. Her next job was at Santa Monica City College. There she learned Chi Kong from a master: Paul Tsing, who was her neighbor. On a bus in 1971, she met Fritz Dunnbier. They were married in 1995 at St. Nicholas Church and the wedding reception was at Clubhouse Six in Laguna Woods.

Because of her long love of Chi Kong she began teaching the easy-to-follow steps so her students could be healthy in their daily lives. She is consistent with her classes and has never been late or absent, rain or shine..



ROSE TING IN STUDIO 2. THERE ARE THOUSANDS OF CHI KONG (ALSO SPELLED QIGONG) VARIATIONS THAT COMBINE MOVEMENT AND BREATHING TO PROMOTE WELLNESS. ROSE SAYS SHE TEACHES ONLY A SMALL NUMBER THAT SHE HAS FOUND ARE EASY TO LEARN AND OF GREATEST BENEFIT TO OLDER PERSONS. HER CLASS IS FREE TO THOSE OVER 55 AND IS HELD ON THURSDAYS FROM 11:50 TO 12:50.

THANK YOU, VOLUNTEERS!

FROM THE BOARD AND STAFF

On Friday, September 25, Laguna Beach Seniors had a Tea Party—catered by Maggie Hemen, and assisted by board members Terri Johnson and Louise Buckley. Our guests of honor were the volunteers who made it possible for the Susi Q to get off to such a fast and friendly start. They include the front desk Ambassadors who greet members, answer phones, make appointments,

and more. Behind the scenes, other colleagues perform tasks both great and small without which a nonprofit agency like Laguna Beach Seniors could not exist. We are so grateful to these generous men and women who are the very heart of the Susi Q.

AN IMPORTANT PART OF OUR MISSION IS TO PROMOTE COMMUNITY BY CREATING REWARDING OPPORTUNITIES FOR MEMBERS TO GIVE BACK TO THE TOWN WE LOVE. IF YOU WOULD LIKE TO BE A SUSI Q VOLUNTEER, PLEASE CALL.

HELLO, TINA HAINES

We are delighted to welcome Tina Haines to the Board of Directors. Tina has a wealth of

business experience and a big heart—a winning combination that will help us in our mission.

REMEMBERING...

The Lunch Bunch has made a donation to the Susi Q in memory of Joseph Shadler, who passed away on October 7 at age 96. He was an uncommonly nice man, always friendly and interesting. Born in England, he moved his Fish and Chip business to Australia, and moved here upon retirement. Though he lived in Laguna Woods, he preferred coming to Laguna Beach for lunch. We'll miss him here in the Great Room.

HONOR SOMEONE YOU LOVE WITH A HOLIDAY GIFT TO LAGUNA BEACH SENIORS.