

BOARDWALK

LAGUNA BEACH SENIORS NEWSLETTER • SEPTEMBER/OCTOBER 2009 • VOL 27 NO 5



AMONG THE MANY NEW THINGS TO DO AT THE SUSI Q: FLOWER ARRANGING SEMINARS—THE BRAINCHILD OF BOARD MEMBER PAMELA HOROWITZ (★).

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SUGGESTIONS BY EXECUTIVE DIRECTOR BEA FIELD

It's such a pleasure to see the Susi Q teeming with friends having a good time. One recent afternoon, there was a movie in one room, games in the Game Room, a sing-a-long in the Great Room, ballroom dancing down the hall, and people practicing in the Computer Lab.

We've come so far in six short months. But we all know ways to make things even better. That's why we put a Suggestion Box at the Reception Desk. The Senior Council and I review all submissions, and find the ones that are "do-able" and will enhance the experience of the Susi Q. Many suggestions have already been implemented: open hours for the Computer Room, ballroom dancing, shades for the movie room, and much more. What we've been able to do—and not do—is in a report available at the front desk.

When we can't say "yes" to a good idea, it's usually for one of several reasons. We and the City both must conform to the agreements the City made with our neighbors to build the center. We also have a shared parking plan. Both can limit what we do outside our core hours of operation. But the biggest reasons are time and money. Our amazing staff and volunteers are working to capacity. Sometimes new ideas—



like a coffee bar—just have to wait. For funding, too. So many of our services are free, and any fees are usually small. Or take an exception like the Osher Lifelong Learning Institute. We are thrilled to be hosting OLLI at the Susi Q. But OLLI must keep all the revenues to be able to bring us its courses.

People often assume we get a lot of funding from the City. It actually amounts to only five percent of our budget! The rest we must raise from foundations, groups, businesses, and our many donors. We are so lucky to have their trust and support. But fundraising is challenging in these hard times, and we have to watch every penny we spend.

We've had many suggestions to rent out our rooms after hours as a source of income. The good news is that we *have*: to our landlord! The City needs more space for its evening activities. In exchange, the City will pay for *all* the utilities and maintenance of the *entire* center—a substantial savings for us. And the City is just as "house proud" as we are. So this is a real win-win.

Please know that we will always welcome and listen to your suggestions, and that we will continue working to make the Susi Q a great place for us all. Enjoy!

IN THE SPOTLIGHT FOR SEPTEMBER AND OCTOBER

INTREPID TRAVELLERS

What: Historic Crystal Cove! Walk the beach, take in the beautifully restored cottages. Dine at the Beachcomber Restaurant—or bring lunch from home, Cafe Zinc, or Whole Foods. A Level III trip, with 1½ smiles of walking. Remember: bring a hat, comfy shoes and exact change (bus day pass \$3, \$1.25 for seniors; Beachcomber \$15-20.)

When: Wednesday, Sep 30, leaving from the OCTA bus depot @ 10:30 and returning @ 2:00.

MANAGING VISION LOSS

What: Braille Institute Community Outreach workshops with lots of positive solutions, discussion, and support.

When: Tuesdays, Sep 1 ("Safety and Fall Prevention") and Oct 6 ("Easy telephone techniques"), 1:00-3:00.

CASE MANAGEMENT

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

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

HEALTH ASSESSMENTS

What: Get a checkup and health review from Public Health Nurse Cheryl Lowes from OC Preventative Health Care.

When: Monday, Sep 28 & Oct 5, 9:00-12:30.

HEALTH INSURANCE COUNSELING (HICAP)

What: HICAP Volunteers provide skilled advice for people having problems with Medicare and health benefits.

When: Monday, Sep 28 & Oct 26, 12:00-2:15.

SENIOR COUNCIL/SUGGESTION BOX

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

How: Contact them directly, or use the suggestion box at the front desk.

LEGAL ASSISTANCE I

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

When: Tuesday, Sep 1 & Oct 6, 12:30-2:30.

LEGAL ASSISTANCE II

What: Free legal advice from attorney Russ Boltz.

When: 2nd and 4th Fridays from 9:00-11:30 a.m. Drop by or call to schedule an appointment for Sep 11 & 25, or Oct 9 & 30.

WILLS & LIVING TRUSTS

What: Two free seminars with attorney (and past Board President) Lee Andersen.

When: Thursday, 9/24 from 1:00-2:00 (Wills) and Thursday, 10/22 from 1:00-2:00 (Trusts).

GALLERY Q

What: Art exhibitions at the Susi Q. Now showing: Scenes from the Hortense Miller Garden.

When: Anytime the Susi Q is open.

BOOK CLUB

What: A club for people who love to read and talk about it. The latest book is "Water for Elephants" by Sarah Gruen.

When: Thursday, Sep 3 & Oct 1, 3:00-5:00

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.

When: Monday, Sep 21 and Oct 19, 10:30-11:30.

COMPUTER CLUB

What: Our computer guru Lee Rhodes has started this new member-run club.

When: Friday, Sept 11, 1:00-3:00

WHAT'S FOR LUNCH?

What: Monthly hot and cold lunch menus.

Where: At the front desk and online at thesusi.org.

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

IN THE SPOTLIGHT FOR SEPTEMBER AND OCTOBER

GENEALOGY WORKSHOP

What: The Daughters of the American Revolution (the Patience Wright Chapter in honor of the Revolutionary-era artist-spy) welcome all searching for their roots.

When: Wednesday, Sep 16 from 10:00-2:00.

IT'S YOUR MONEY

What: A new series of eight free workshops on estate planning hosted by Peter Kote. No products are sold. No names are collected. Take charge of your money—forever.

When: Fridays, Sep 11 to Oct 30 from 1:30-3:00.



WELCOME SIGHTS: DANCERS, SINGERS, AND VISITORS FROM THE MONTAGE (LAURA POOCHIGIAN, CHAIR OF THE HEARTS OF MONTAGE, CAROL REYNOLDS, WHO IS ALSO ON OUR BOARD, AND MARY CHURCH. IN 2005, THE HEARTS OF MONTAGE MADE A \$500,000 GIFT IN SUPPORT OF THE CAPITAL CAMPAIGN TO BUILD THE SUSI Q).

GRIEF & LOSS

What: 4-week series with Lynne Grabyan, MS/ Clinical Psychology. Topics include: myths, misconceptions, and realities of grief as well as the healing purpose it serves.

When: Wed, Sep 16/23/30 & Oct 7 from 3:00-4:00.

AARP DRIVER SAFETY COURSE

What: Refresher course for safe driving after 50. Cost: AARP members \$12, non-members \$14.

When: Thursday, Sep 24 from 1:00-5:00 and Friday, Sep 25 from 12:30-4:30.

KNITTING CLASS

What: A 3-week class for the Knots of Love organization. Learn how to cast on, knit in the round, decrease stitches, problem solve, and knit a baby cap. Cost: \$25

When: Fridays, Sep 11 & 25, Oct 2.

THE WHITE ELEPHANT TABLETOP SWAP MEET

What: Tabletop swap meet. Bring donations only on Thursdays and only small items.

When: Thursdays, 10:00-12:00, in the Great Room.

MONDAY AT THE MOVIES

What: Great flicks, popcorn and refreshments.

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

TABLE TENNIS

What: Call it ping-pong if you must. It's at the Susi Q! Paddles and balls available for check-out.

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

REFRESHER BRIDGE

What: Each session starts with a short lesson on basic bidding techniques and responses, followed by supervised play, discussion of hands, and scoring. \$80 for the 6-week session.

When: Mondays, Sep 21 to Oct 26 from 9:30-11:30.

SUCCESSFULLY LIVING WITH CHANGE

What: Applying the principles of change to your own life. A free lecture by Dr. Marion Jacobs, author of "Take-Charge Living."

When: Thursday, Sep 17 from 1:00-2:30 or Monday Oct 5 from 1:00-2:30.

SUSI Q SOCIAL HITS THE HIGH C's!

What: Fred Wicknick (suave baritone) joins Eileen Wright (piano), Virginia Towne (operatic soprano), and Patrick Dundon (a fine Irish tenor) in performing opera, Broadway, folk, and pop songs, and then leads a sing-a-long. Refreshments and door prizes too!

When: Monday, Oct 12 from 12:30-2:00.

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ON JUNE 26, OVER 70 OENOPHILES ATTENDED THE "DIVA'S DOZEN" TASTING OF WINES DONATED BY STEPHEN JACOBS AND FRANK SCHAFFER OF LAGUNA GOURMET, AND SELECTED BY BREE BURGESS ROSEN, DIVA AND CERTIFIED SOMMELIER. THE CONSENSUS: LET'S DO IT AGAIN. L TO R: VOLUNTEERS JUDY STEWART AND WYNNE TAPLEY; DEB CONROY (TRADER JOE'S WINE PERSON) AND FIREMAN HUSBAND DAN (WHO WON THE POLL FOR THE PERSON WE'D MOST LIKE TO BE RESCUED BY); CAROLE ZAVALA AND BREE; KAREN McBRIDE AND MAE PARRETT; BOB AND JEAN AROVAS, WHO WON A GORGEOUS BOWL FROM STEPHEN FRANK GARDEN & HOME.

LAGUNABEACHSENIORS

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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SPOTLIGHT ON SENIORS

SKIPPER LYNN (BELOW, LEFT) USUALLY WRITES THIS FEATURE. ART BRODIE DECIDED IT WAS HER TURN IN THE SPOTLIGHT.

It is a long way from a big farm in Nebraska to a small town like Laguna, but Jean "Skipper" Lynn has made that journey. At Laguna Beach Seniors, we know her as a past-President and an enthusiastic volunteer involved in just about everything we do. But it all began down on the farm.

Skipper's family had "homesteaded" in Nebraska since 1840. They worked their way West from New York to their farm of 160 acres, eventually producing corn and soy beans. While growing up, Skip worked on the family farm milking cows, churning butter and feeding the chickens. She also hunted with her father to augment the family larder.

Skipper's education began in a one room school house, with eight grades under the guidance of one teacher. *(She must have made an impression: after attending high school in town, Skipper earned a B.A. in education at Wesleyan, taught in Nebraska for eight years, moved to California, got an M.A. at Loyola, raised a family and taught for 30 more years, then moved to Laguna in 1993!)*

Sundays were a day of rest and the family always attended church services preached by a "circuit" minister. But Saturday was a big day for farmers for it meant a trip into town to sell the surplus farm products and to shop for (store bought) supplies. For the children it meant promenading about town with friends in dress-up clothes. On Saturday nights there were band concerts, depending on the weather.

For years, the most important event for Skipper was the annual "one night only" performance in Omaha by Olympic ice skater, Sonja Henie!

A WORD ABOUT BOOKS

FROM DINAH SHIELDS

The Susi Q lending library is now fully shelved and offers a good selection of both fiction and non-fiction titles. In fact, on July 28 we held our first-ever fund-raising sale of overflow books, with good results.

However. We do still very much need your donations to maintain a good turn-over of titles for an increasing number of regular borrowers. As with lending libraries all over the world, we cycle out books that have had their day on the shelves, to make room for new stock.

Donations of *top-condition* books are more than welcome. Hardcover or paperback. Please, no magazines. For works of fiction, we find that our readers are looking for current titles, issued during the past few years. Donations can be left in the library, back left-hand corner, in the baskets on the bottom shelf.

We also welcome [cash](#) donations towards the purchase of magazine and newspaper subscriptions...and an e-book or two, [and](#) one or two audio-book players, for those who prefer to listen, since we know that eyesight is an issue for some of our library's patrons.

DINAH IS AT LEFT WITH LEE WINOCUR-FIELD. LEE JUST LEFT THE BOARD AFTER SIX YEARS OF SERVICE THAT MARKED THE TRANSFORMATION OF LAGUNA BEACH SENIORS. THE LIBRARY IS NAMED IN HER MOTHER'S MEMORY AND LEE WILL STAY ON THE COMMITTEE THAT ENSURES IT WILL REMAIN THE QUIET HEART OF THE SUSI Q. THANKS, LEE.

