

# BOARDWALK

## LAGUNA BEACH SENIORS

PROVIDES SERVICES AND PROGRAMS THAT PROMOTE INDEPENDENCE, WELLNESS AND COMMUNITY.

### AT THE SUSI Q

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## SUSI Q NEWS

### MEDICARE SEMINARS

HICAP is the recognized authority for Medicare and related health insurance information. They're at the Susi Q in October with three invaluable free seminars.

#### Making Sense of Medicare Wed Oct 5, 6:30-7:30PM

What Can You Expect?

A complex maze of ever-changing regulations and options requires you to make critical decisions.

#### Medicare Drug Coverage Wed Oct 12, 1:00-2:00

Understanding Your Rights and Responsibilities: basic information about Medicare Prescription Drug coverage.

#### Medicare Advantage Plans Wed Oct 26, 1:00-2:00

Understanding Your Options: Enrolling or enrolled in a Medicare Advantage Plan? Learn how to make the system work for you.

### TELEPHONE ACCESS PRESENTATION

Have difficulty using the phone? Is it hard to hear, dial, or get to the phone in time? The California Telephone Access Program (CTAP) provides adaptive telephone equipment and related services *at no cost?* It's easy to qualify, and once enrolled in the program, you get a lifetime warranty on all equipment. Andie Squires, CTAP Outreach Specialist, will be at the Susi Q with information about this important program on Wednesday, September 14, from 10:00 to 10:45. Call to reserve a space today.

### CARE FOR THE CAREGIVER



Are you helping a spouse or loved one? Are you a son or daughter trying to coordinate services for a parent? Then you are a caregiver. Side-by-side or from a distance, caregiving can affect your physical, social, and emotional well-being. It can result in strained relationships and physical ailments, and leave you emotionally drained. Speaking with a professional care manager can help you balance your physical, social, and emotional well-being. Judy Denton and Martha Hernandez, MSW are available Wednesdays and Fridays in the Outreach Office to help you make sense of your situation and recommend the resources and techniques that can alleviate the stressors in your caregiving life.



### THE PLAYGROUND OF THE STARS



Ever wonder what it was like back in the forties and fifties, mingling with famous movie stars on the Sunset Strip, the "playground of the stars." Steve Hayes was there in the thick of it. Now you can be, too. Join us at the Susi Q as Steve reminisces about the good old days of Hollywood. Thursday, September 15 at 12:30. Call to reserve a space today.

### C'SING LIFE

*Life Information, Facts and Enlightenment* is a two-hour program by Judy Hoyt Pettigrew and Shiffy Crane. Judy is a financial planning long-term care specialist, whose previous class, *Clear the Clutter* was a huge success. Judy will lead you through the steps on what to keep, dump, donate, and catalogue—and how to communicate your desires and directives. Shiffy Crane, a Geriatric Care Manager, will lead you through the mind-boggling maze of resources and requirements for making decisions about care options. Call to reserve a place for Thursday, September 22 at 6:00 pm.



1-LAWSON MEAD, JADA ROBITAILLE, HAL LEVITT, AND VIVIAN LEVIN MET IN ANN CRESSMAN'S BRIDGE CLASS AND BECAME A REGULAR FOURSOME.  
2-ALEX JOYCE (WITH LEE RHODES) HAS THE BIGGEST SMILE AT THE SUSI Q AND RECENTLY GAVE A SECURITY PRESENTATION TO THE COMPUTER CLUB.  
3-REGULARS ROBERT, MO, FRANCOIS AND GLENN PLAYED IN THE FIRST ANNUAL TABLE TENNIS TOURNAMENT AUGUST 24-26.

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## WHEN THE TIME COMES

BY EXECUTIVE DIRECTOR NADIA BABAYI

Can you imagine giving up your car? Taking a bus to go grocery shopping? Using senior transportation programs? In our car-centric society, most of us want to drive as long as we can—safely. According to the National Highway Traffic Safety Administration, about 15 percent of licensed drivers are over 65, and account for 16 percent of car-related fatalities. The rate of fatalities increases with age, but research also shows that we can extend our "safe driving" years by taking driver safety refresher classes, like the ones AARP offers four times a year at the Susi Q.

Still, when the time comes, will giving up our car keys mean giving up our independence? A growing number of people say, "No way!" Many of them are transportation pioneers who could still drive, but choose not to. Instead, they walk, ride their bikes, carpool, and take public transportation. What they have learned—that we can be healthier, save money, and even help save the

planet when we stop driving—is reassuring. And Laguna Beach has a number of transportation options for seniors, such as Age Well, Sally's Fund, and City and County buses

to help us get around town, and to and from the Susi Q and medical appointments. The challenge is to make seniors aware of these options—preferably *before* they need them!

That's why Laguna Beach Seniors is partnering with the City to create a special educational marketing campaign. The project was initiated by City Councilmember Elizabeth Pearson and is funded by a small grant from the City of Laguna Beach. Our first mailing in early September will include a refrigerator magnet with all senior transportation contact information. A follow-up mailing later in the year will include additional information. Our

goal is to "drive" home the point that smart seniors don't need cars to keep living it up in Laguna Beach.



IN A RECENT ISSUE OF THE COASTLINE, PAST PRESIDENT SKIPPER LYNN DISCUSSED HER DECISION TO STOP DRIVING WITH BARBARA DIAMOND. COPIES ARE AVAILABLE AT THE SUSI Q.

