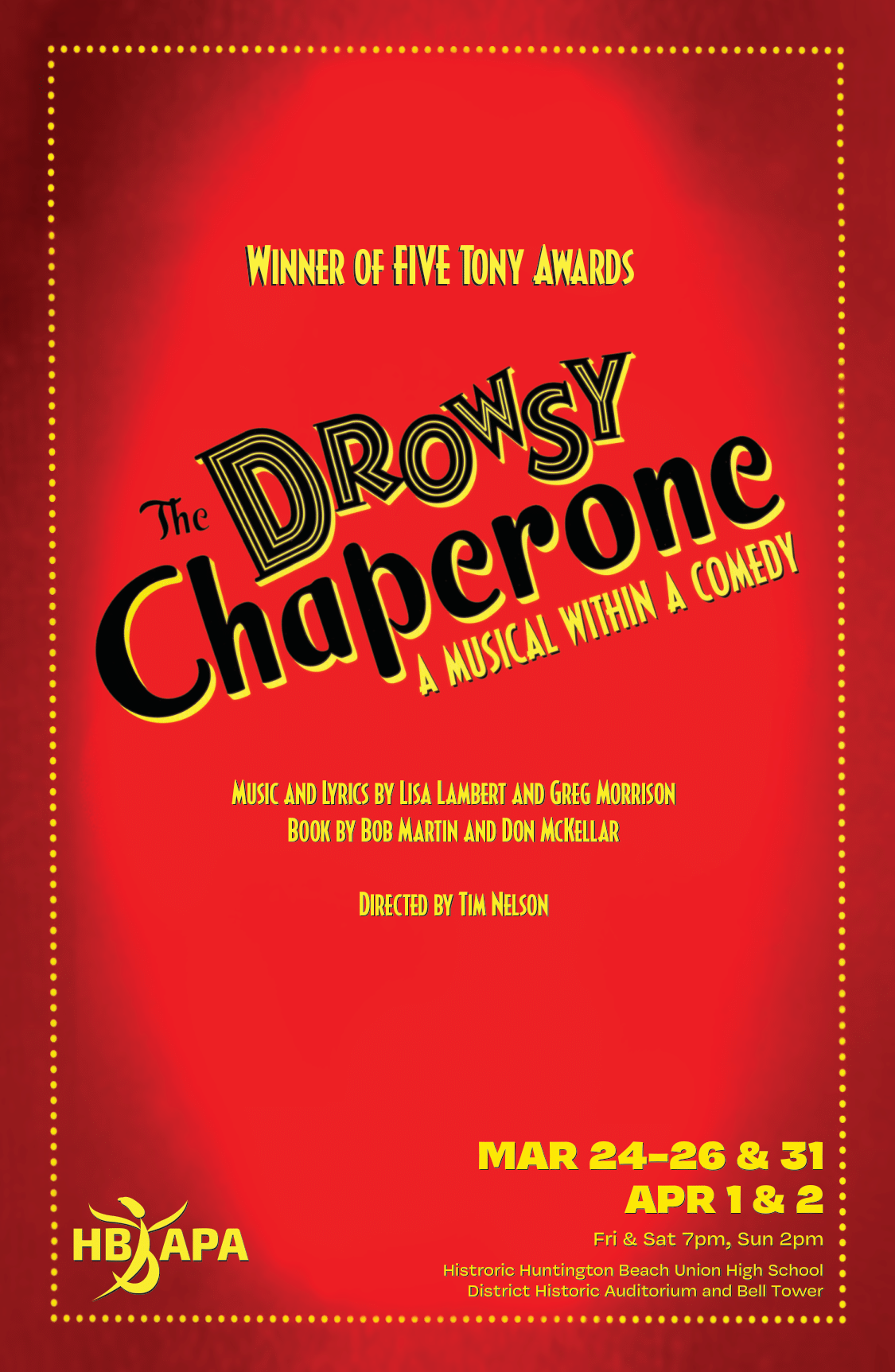
|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Care Connections Network  Village_Tagline_Horizontal.jpg | | | | |
| (714) 962-9346  9812 Hamilton Avenue, Huntington Beach, CA 92646  www.CareConnectionsNetwork.org | | | March 2023 | |
| **Technology Tutoring**  Bring your smartphones, laptops, smartwatches, or tablets with you on Thursdays at 2:00 & Edison High School students will teach you shortcuts, answer your questions and share their know-how with you!  **When:**  Thursdays 2:00-3:00 pm  **Where:** T-Hall, Lutheran Church of the Resurrection ,  9812 Hamilton Ave, Huntington Beach  Register by calling the office 714/962-9346 or email to CCNAgingBetter@outlook.com |  | | | |
|  |  | |  |
|  | | | |
| Background pattern  Description automatically generated | Surf City Singers  Surf City Singers | | Background pattern  Description automatically generated with medium confidence  Stroke Prevention:  BEFAST to Save a Life  Thursday, March 16, 2023 at 11:30am -Bercaw Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave.    Learn the signs and symptoms of stroke, and hear an update on the latest treatments for stroke. There are also ways to prevent stroke and we are fortunate to have an expert show us how. Our presenter, Deb Mastrolia, is an RN with special certifications in critical care, neuroscience, and stroke nursing. She has 40 years’ experience working with neuro patients in the ICU, ER and Stroke Units. Deb is currently the manager of the Hoag Stroke Program at both Newport Beach and Irvine hospitals.  Lunch will be served. There is no charge for this event, and all are welcome.  Register by calling the office  714/962-9346 or email to CCNAgingBetter@outlook.com  A picture containing diagram  Description automatically generated |





Hailed by *New York Magazine* as "The Perfect Broadway Musical," *The Drowsy Chaperone* is a masterful meta-musical, poking fun at all the tropes that characterize the musical theatre genre.

**When:** Sunday, April 2 at 2:00 pm

**Where:** HB High School Auditorium  
(Carpool from LCR at 1:15pm)

**Cost:** $15 a ticket *in advance /* dinner tbd

RSVP to 714/962-9346 or CCNAgingBetter@outlook.com



Come and celebrate Pi day with CCN.

Bring your favorite PIE to share as we gather for a Pie-luck (a potluck of pies). Coffee and fixin’s will be available.

When: Tuesday, March 14 (3.14) at 7:00pm   
Where: T-Hall at Lutheran Church of the Resurrection

RSVP to [CCNAgingBetter@outlook.com](mailto:CCNAgingBetter@outlook.com)

Or 714/962-9346

And don’t forget to bring your appetite!

Care Connections Network   
Japanese-language Seminar

“Music Beyond Aging” by   
Keiko Takeshita



CCN 日本語セミナー

講師：　竹下 圭子　先生

テーマ：”歌う角には福来る”

日時：3月23日木曜日午後2時

場所：LCR CCNセミナー会場

女声コーラスのゆうかりコーラスとアンサンブル

エコー、混声合唱団Orange County Friendship Choirの指導者として活躍されている竹下先生をお招きし、歌うことの効能を楽しく実技を交えてお話いただき

ます。ぜひご参加ください。参加ご希望の方は

CCNにお電話またはFumi Liangにメールでお申し

込みください。お申し込み最終日は3月20日です。

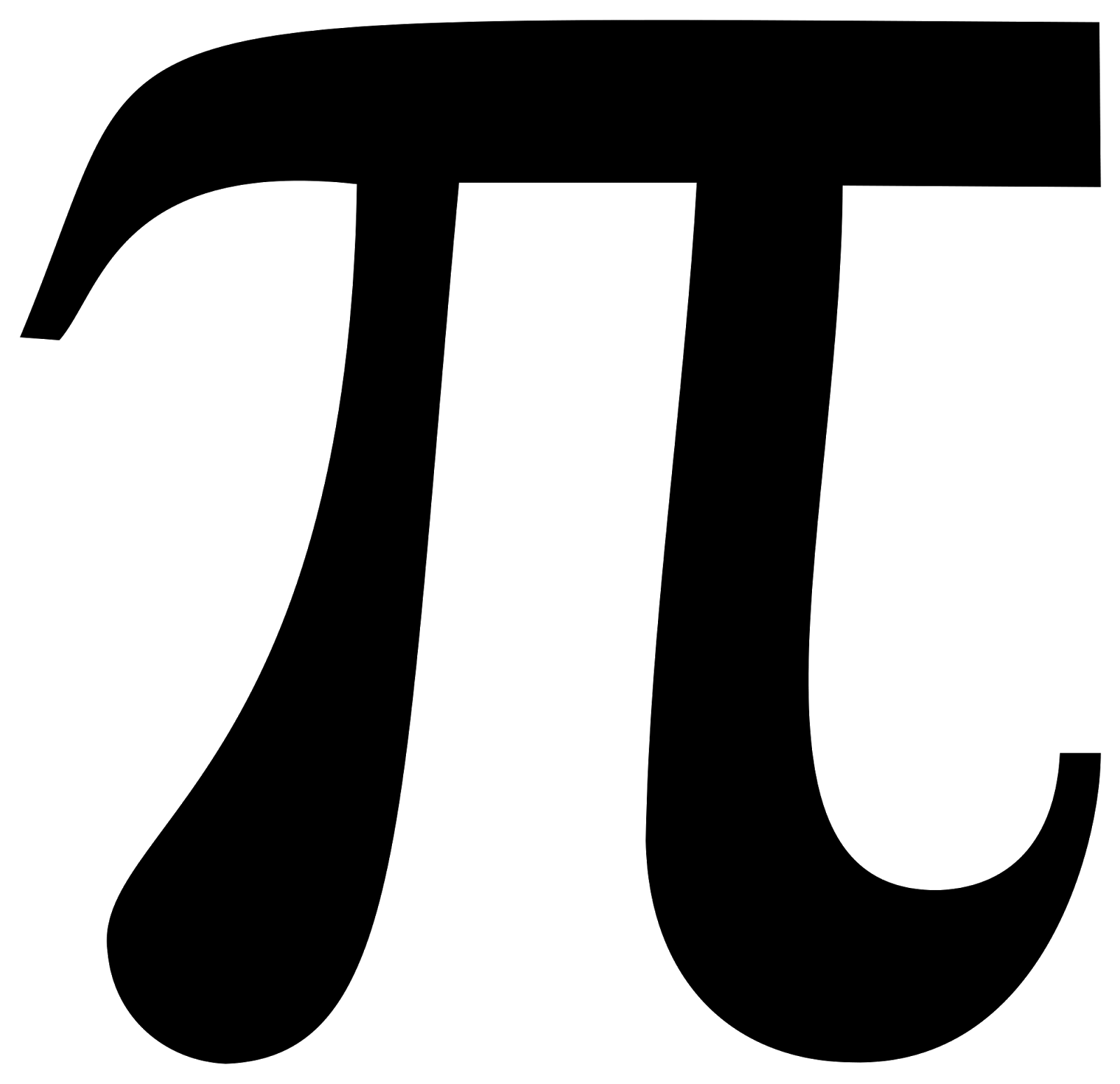
Learn how music can help you physically, mentally and spiritually. You’ll be singing for a happy and healthy life!

Thursday March 23 at 2:00 PM  
Bercaw Hall, Lutheran Church of the Resurrection

Register by calling 714/962-9346   
[CCNAgingBetter@outlook.com](mailto:CCNAgingBetter@outlook.com)

Light tea following seminar.

· CCN Special Presentation by John Hendrickson- Friday, April 21 at 4:30 PM. Presentation will be in the sanctuary following potluck dinner in Bercaw Hall.

 Pi: 3.14159265359

The mathematical calculation of how many slices of the circular dessert one can eat!

Join CCN for an evening of madcap delight!

Circle Groups are forming!

Let us help you form a Circle Group, which is 3 or more members with similar interests who meet to share experiences. Contact the CCN office with your ideas!



**How to Stay Safe in Your Home**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Dr. Dung Trinh, MD of Healthy Brain Clinic spoke with the Alzheimer’s Caregiver’s Network about the importance of Home Safety for older adults, especially those with Dementia. “One of the biggest health issues among Alzheimer’s patients isn’t only memory loss, but the risk of falling inside their own homes. This leads to many ER visits and broken bones.” He recommended using this home safety checklist to safeguard your home. | | | | | |

Click here for a [Home Safety Checklist](https://alzheimerscaregivers.org/2023/02/07/home-safety-alzheimers-disease-a-caregivers-room-by-room-checklist/?mc_cid=bbd134e8af&mc_eid=3d6928380e) or call the CCN office to get a printed copy 714/962-9346.

**Help a Stanford Student! Focus Group**

**When: Thursday, March 2nd at 2:00 pm PT**

Stanford undergraduate Ian Lim and Professor Dr. Bryant Lin are developing a new platform to be the personal assistant and companion for seniors and their families to handle life ToDos (groceries, transportation, tech help, navigating insurance, planning activities).

They are conducting a focus group to learn which designs and interfaces are most user friendly. In this one hour Zoom call, they will walk through several designs and ask for your feedback and thoughts. They are also curious to learn about how seniors accomplish these tasks today and what could be improved. They are looking for people who are willing to provide their perspectives and viewpoints on how their website and app can be improved (please also invite other family members who are involved with daily tasks!). If you are interested, please email “Focus Group” to [ianlim@stanford.edu](mailto:ianlim@stanford.edu).

The Zoom link for this meeting is also included here: [https://stanford.zoom.us/j/93251780237?pwd=VWpOQm5KQ1p1YTNCcFEyZU44aEIrQT09](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstanford.zoom.us%2Fj%2F93251780237%3Fpwd%3DVWpOQm5KQ1p1YTNCcFEyZU44aEIrQT09&data=05%7C01%7C%7Cfaab428ac4034972e72a08db1532c237%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638127080043975458%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=tTkx4MHtwq5G2Yx1i0DI4KKWFxMtx%2FcQIrpKmhn5lDY%3D&reserved=0).

Planning Ahead!

Our May event is a trip to Disneyland! We will visit the Magic Kingdom on Tuesday, May 9! (Time TBD) We’ll just visit the original Disneyland Park that day, so if you have a Magic Key membership, please make your reservation for that park on that date. If you need to purchase a ticket, please purchase the single park ticket for Disneyland for May 9. (Currently $104 for a single park/day admission.) You will need to purchase your ticket in advance to ensure you get a reservation for that date.

We will carpool from Lutheran Church of the Resurrection. Additional details will be provided as we get closer to May.

Discounts are available to Southern California residents, if you think you may go again in the near future. Please refer to the Disneyland website.

[https://disneyland.disney.go.com/admission/tickets/](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdisneyland.disney.go.com%2Fadmission%2Ftickets%2F&data=05%7C01%7C%7C5a65b75e0e2a471766aa08db16ced7ec%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638128849865830296%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Jbkxt3u9qQuIvlRdomfrOrS1o4%2FzrV1qNehTV5iEhLw%3D&reserved=0)



A picture containing calendar

Description automatically generated

John Hendrickson has graciously agreed to do a repeat performance of his fascinating Men’s Breakfast presentation about his days as a helicopter pilot in Vietnam. See a slide presentation containing pictures he took (and a few he borrowed) while serving in Vietnam. He created this presentation to serve an organization of fellow military veterans that call themselves the Freedom Committee of Orange County, FCOC. Their purpose is to "keep the light of Freedom vivid in the hearts and minds of our youth" by giving presentations of their experiences in local schools (e.g. civics and history classes).

John will also have some memorabilia available for “show and tell”, such items as a uniform, pistol belt, and cigarette lighter.

This will be a joint event between CCN and Lutheran Church of the Resurrection, and all are welcome! Mark your calendars for 4:30 pm on Friday, April 21 - presentation and a potluck! More details to come in the April newsletter.

Special Lifelong Learning Program Event

*Back by Popular Demand….*



**March Events**

3/14 – Pi-Luck for Pi Day

3/16 – Stroke Prevention Seminar

3/23 – Music Beyond Aging Japanese   
 Seminar

3/25 – Spring Party  
**Weekly Events:**

Chair Yoga – Mondays 8:45

Mahjong – Wednesdays 1:00

Technology Tutoring – Thursdays 2:00

**Upcoming Events - Mark Your Calendars!**

4/2 – APA performance “The Drowsy   
 Chaperone”

4/21 – John Hendrickson presentation

5/9 – A Day at Disneyland!

March Brain Teaser

A picture containing scatter chart

Description automatically generated

What is 3/7 chicken, 2/3 cat, and 2/4 goat?

Answer will appear in the April newsletter.

**Answer to the February**

**Brain Teaser…**

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

*Answer:*   
The number 8 (side = infinity symbol, in half = 2 zeros)





