

Care Connections Network

AGING. BETTER.

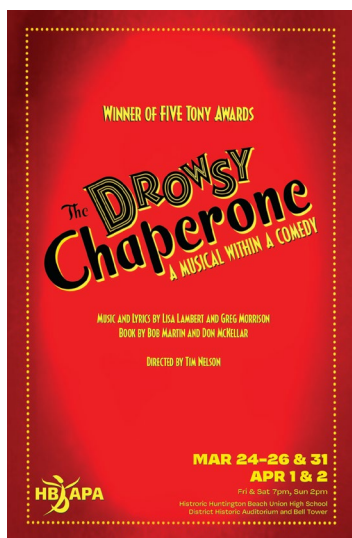


(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

April 2023



CCN is ready for an evening of madcap delight! Be sure you have your pre-paid tickets on hand.

When: Sunday, April 2 at 2:00 pm

Where: HB High School Auditorium
1905 Main St., Huntington Beach
(Carpool from LCR at 1:15pm)

Cost: \$15 a ticket *in advance*

****Tickets are sold out!****

Dinner at La Capilla afterwards at your own expense.

Call the office with any questions 714/962-9346

Care Connections Network Educational Seminar

Melanoma and Complex Cancer Care

Thursday, April 20, 2023 at 11:30am

-Bercaw Hall, Lutheran Church of the
Resurrection, 9812 Hamilton Ave.

Dr. Thomas Wang, MD, PhD is a board-certified surgical oncologist with the Hoag Family Cancer Institute and the medical director of the Hoag Melanoma/Advanced Skin Cancer Program. Join us as he discusses melanoma risk factors and early detection. The Hoag Melanoma & Advanced Skin Cancer Program is a comprehensive offering in Orange County designed to take care of individuals with a diagnosis and treatment of melanoma and complex skin malignancies.

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

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



Emergency Preparedness – Are you Ready?

Be ready for earthquakes or other disasters by having an emergency kit on hand. Here is a checklist of things you need to add to your kit for any disaster.

1. **Extra Cash** - Have one and five dollar bills as well as twenty's. Also some change. Put at least \$300.00 in your kit and bury it down into the middle of the kit so it's not easy to get to. Remember: no debit or ATM's will be available with no electricity.
2. **Pictures of your loved ones**—including your pets. In case you can't find one of them you can ask people if they have seen them.
3. **Prescription Medication** for all members of family.
4. **Extra pair** of glasses for all members of family.
5. **Extra set of keys** for the house and car. You may have to leave the house in a hurry and not hunting for keys can save you time.
6. **Special items** for infants, elderly, disabled members of family - you may want to add baby formula, baby food, baby Tylenol, Ensure, baby aspirin etc.
7. **Important family information**: Photocopy important key documents, like Insurance Policy #; Phone number of out of state contacts; Credit card info; Checking account info; List of physician and pharmacy (may need prescriptions called in); Pet License; Vet phone #; Animal shelter. Do not rely on these phone numbers being in your cell phone. The cell towers may be down. Also written instructions of feeding schedules, medical conditions, behavior problems in case you must leave your animal at a shelter. You want to write it down now when you are calm rather than when you are rushed. Sometimes in a disaster you can't find a piece of paper to write it down on and everyone is crazy.
8. **Tear out the front of your old yellow pages**/white pages emergency information. This tells you what Radio station to listen to, where to go for shelter.
9. **Area Map**. Specific to your area showing street names.
10. **Extra blanket**, sheet, extra clothes.
11. **Hygiene supplies** : Toothbrush, tooth paste, comb, tampon, pads, baby or adult diapers.
12. **Pet Supplies**: Leash, collar, pet food, bowl.
13. **Book, playing cards**: something to help pass the time and take your mind off things.
14. **Out of State Contact**: Need a contact person from out of state that everyone can call to check in with in a disaster.
15. **Meeting Spot** Outside Home & Outside Neighborhood: Need in case of fire in your home or fire in neighborhood/tsunami and can't get into home community.
16. **Add ICE** (In Case Of Emergency) at the end of the title of your home, spouse's, and children's phone # in your cell phone.





Special Lifelong Learning Program Event

We invite you to learn about John Hendrickson's experiences as a helicopter pilot in Vietnam. John will show 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!

When: Friday, April 21 – 4:30 pm presentation

Where: LCR sanctuary, 9812 Hamilton Ave., Huntington Beach
Potluck following in Bercaw Hall – please bring a dish to share!

Planning Ahead!

Our May event is a trip to Disneyland! We'll visit the Magic Kingdom on Tuesday, May 9 (time TBD).

We will 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. Price is 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/>

Questions? Contact the CCN office at 714/962-9346, or talk to Vicki Kane or Carolyn Carter.

BIG NEWS!

CCN is excited to announce a grant award from the Lutheran Services for the Elderly Endowment! This grant provides funding for three years to support our educational program. We are excited to use it to continue our outreach and provide more opportunities for older adults in the community to age better.

We are grateful for the continued support of the Evangelical Lutheran Church in America.

April Events

4/2 – The Drowsy Chaperone, APA Show

4/20 – Melanoma Seminar

4/21 – John Hendrickson presentation

Weekly Events:

Chair Yoga – Mondays 8:45

Mahjong – Wednesdays 1:00

Technology Tutoring – Thursdays 2:00

Upcoming Events - Mark Your Calendars!

5/9 – A Day at Disneyland!

5/25 – Understanding Mental Health Seminar

Help advocate for state support of villages like CCN!

The California Senior Legislature <https://4csl.org/> has been working to improve the lives of California's seniors since 1981. Registration is now open for the FREE 2023 Virtual Senior Rally Day. Join virtually from the comfort of your home or office as we meet with Legislators and the CA Department on Aging for an update on the status of the Master Plan for Aging and the State Budget. Additionally, we will have a panel focused on the Equity Initiative.

This May 2 afternoon advocacy session will provide an opportunity to meet with Legislators and staff on important aging bills and budget requests.

All attendees must be registered in advance to participate. To register click the link below:

<https://4csl.org/senior-rally-day/registration/>

April Brain Teaser



Which 3 letters can frighten a thief away?

Answer will appear in the May newsletter.

Answer to the March Brain Teaser...

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

Answer: Chicago!



Welcome
Spring

Let's welcome all new beginnings

