

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

May 2023

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/>

Technology Tutoring

Our wonderful high school students will be graduating soon, so we are winding down our weekly sessions. We will send a weekly email to schedule tutoring as students are available. Call the office with questions!

When: Thursdays 2:00-3:00 pm (May dates TBD)

Where: Bercaw 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

Care Connections Network Educational Seminar

When It's Time: End-of-Life Planning at Any Age

Thursday, May 18, 2023 at 11:30am
-Bercaw Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave.



Death is a journey everyone will experience, yet it is a topic seldom discussed. The benefits of end-of-life planning extend well beyond basic preparations. The investment of your time and thoughtfulness is an invaluable gift you leave behind for your surviving family. Join Pastor Rick Craig as he presents from his book When It's Time™: End-of-Life Planning at Any Age: Make it Part of Your Legacy. CCN will provide copies of this book to the first 32 members who sign up to attend.

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

Bilingual Seminar

Building Strong Muscles for Balance & Movement

Get your muscles ready for summer! Miho Yamagami is an Older Adults Exercise Specialist, & you may have already attended her towel exercise class in January. All are welcome to attend this event – there are no language barriers in exercise!

Please wear comfortable clothes

When: Tuesday May 23

Exercise from 11:00 am – 12:00 pm

Lunch from 12:00 pm – 1:00 pm

Where: Bercaw Hall, LCR, 9812
Hamilton Ave., HB

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



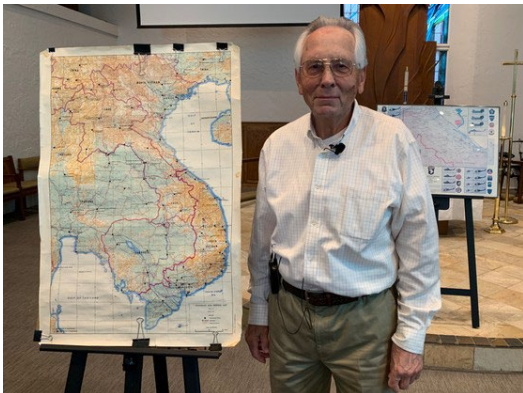
Let's visit the Happiest Place on Earth! Join CCN on **Tuesday, May 9th** as we wander down Main Street USA and into the other lands of Disneyland! We'll sing like pirates, cruise through the jungle, maybe even chase some ghosts!

We will gather at **8:00 AM** at Lutheran Church of the Resurrection (subject to change based on sign ups) to carpool to Anaheim. If you have a Magic Key membership, there is a discounted parking rate. But if you're not planning on staying more than 8 hours, parking at Garden Walk is \$3/hour, with the 1st hour free.

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 insure you get a reservation for that date.

For information on Southern California pass discounts, refer to the Disneyland website.

<https://disneyland.disney.go.com/admission/tickets/>



Many thanks to John Hendrickson for his fascinating presentation on April 21! John shared his Finnish heritage, and his experiences as a Chinook helicopter pilot in Vietnam. We learned so much, and attendees enjoyed a bountiful potluck dinner afterwards.

This presentation was part of CCN's Lifelong Learning Program, and we welcome any suggestions of future speakers who might have interesting stories to share. Contact the CCN office with your ideas!

Breakfast and a Walk in the Park



Join us at Kathy May's Cafe (6622 Lakeview Drive in Huntington Beach) for breakfast at 9:30 am. Following breakfast, we will walk in Central Park to take in all the beauty of spring!

Date: Tuesday, May 30

Time: 9:30 am at Kathy May's Café

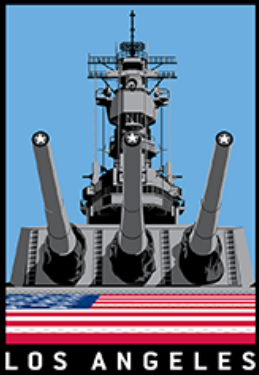
Register at CCNAgingBetter@outlook.com
Or 714-962-9346

CCN's New Website!

CareConnectionsNetwork.org is new and improved! On this website you will find our calendar of events, pictures of past events, membership information, and many tools that will help our organization thrive in the 21st Century! You should have received an email instructing you how to create an account and password. We plan to host future training sessions where you will learn to RSVP for events, request volunteer services, log volunteer hours, pay for outings, etc. Stay tuned!

CCN volunteers rock!! They have been busy setting up & cleaning up events, washing table cloths, organizing the office, doing mailings, etc. We applaud you!!

BATTLESHIP IOWA



--SAVE THE DATE-- MENS' CIRCLE GROUP ACTIVITY FOR JUNE

A tour of the battleship in San Pedro is being planned for:

Tuesday, June 6, 10 am to 2 pm
Self-Guided Tour with free downloadable app

Meet at church at 8:30 am to carpool then have lunch at the site or a nearby restaurant. More details to follow. A sign-up sheet will be available, and questions answered between services at LCR. Or contact Paul Coulter at (714.469.1262)

The Huntington Beach Council on Aging presents: AGEISM – Changing the Narrative

Ageism affects us all regardless of age. Please join us for an engaging and honest conversation about this important topic and how we interact with it at many different levels. Our presenter is Paul Nash, PhD, instructional Associate Professor of Gerontology, University of Southern California. Dr. Nash is an expert on ageism and intersectionality, stigma, and discrimination, epitomized by his work on ageism with the World Health Organization. Dr. Nash is actively pursuing research on interventions to address both implicit and explicit ageist prejudice.

Date and Time: Wednesday June 14, 2023
5:30pm Mixer
6:00pm Presentation

Place: Parkview Room Senior Center in Central Park
18042 Goldenwest St Huntington Beach, CA

Register by calling 714-536-5600

Have you checked out CCN's Facebook page lately??

We regularly post photos of our events and share information you can use! Click below or look us up at www.facebook.com/careconnectionsnetwork

[CCN Facebook Page](#)

May Brain Teaser



How can a man who
shaves several times a day
still sport a long beard?

Answer will appear in the
June newsletter.

Answer to the April Brain Teaser...

Which 3 letters can
frighten a thief away?

Answer: I C U

May Events

5/9 – Disneyland
5/18 – When It's Time Seminar
5/23 – Bilingual Exercise Seminar
5/30 – Shipley Nature Center

Weekly Events:

Chair Yoga – Mondays 8:45
Mahjong – Wednesdays 1:00
Technology Tutoring – Thursdays 2:00 (TBD)

Upcoming Events - Mark Your Calendars!

6/6 – Mens' Group visit to Battleship Iowa
6/14 – HBCOA Ageism Presentation
6/15 – Mental Health Seminar

