

# Care Connections Network

AGING. BETTER.



(714) 962-9346

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[www.CareConnectionsNetwork.org](http://www.CareConnectionsNetwork.org)

July 2023



## *DISNEY AND CAMERON MACKINTOSH'S MARY POPPINS*

Join us for a supercalifragilisticexpialidocious musical adventure with Mary Poppins!

This beloved classic comes to life on stage at the Rose Center Theater this summer, featuring all the unforgettable songs and magical moments that will be sure to delight audiences of all ages.

**When:** Sunday, July 16th

**Time:** 2:00 pm matinee performance

**Where:** Rose Center Theater

14140 All American Way  
Westminster, CA 92683

Tickets are \$22.00 apiece. Please contact the CCN office or sign up at the CCN table on Sundays. Ticket availability is limited, so sign up early!

Free parking is located in the structure at the end of 13th Street.

*Carpool meets at Lutheran Church of the Resurrection  
at 1:00 pm.*

## Care Connections Network Educational Seminar

There will be no seminar in July. Please mark August 17<sup>th</sup> on your calendar for our next educational seminar.



*Here's to independence!*  
**HAPPY 4TH OF JULY!**

## Villages Support the Master Plan

Governor Newsom's Master Plan for Aging includes these five goals for supporting older adults in the state:

1. Housing for all stages and ages
2. Health reimagined
3. Inclusion and equity, not isolation
4. Caregiving that works
5. Affording aging

CCN's village model addresses these goals in a localized way by creating community and offering support as we age!



# 2023 GOLDEN FUTURE SENIOR EXPO

**FRIDAY, JULY 7TH**  
9:00am - 1:30pm  
Hyatt Regency Newport Beach  
1107 Jamboree Road  
Newport Beach, CA 92660

- FREE ADMISSION!
- FREE Parking!
- Health Screenings
- 60+ Vendor Booths
- Free Tote Bag w/ Goodies
- Prizes & Giveaways
- Expert Talks / Workshops
- Bingo w/ Cash Prizes
- DIY Arts & Crafts
- Haircuts & Nail Manicures
- Speed Meet & Greet
- \$150 Grocery Raffle
- Games & Much More!

Southern California's Premier Lifestyle, Health & Active Aging Expo!

**Pre-Register Online & Skip the Line**  
Check our website for the complete schedule!  
We will validate your parking. Walk-ins are welcomed!

**www.GoldenFutureSeniorExpo.com**

## Art4Healing: Discovering Emotional Expression through Abstract Art

Would you like a restorative outlet to express your stress, anxiety, hopes, fears, grief, or other feelings in a safe environment using abstract painting? Hoag Faith Community Nursing now offers such workshops through the Art4Healing program! Each session offers a unique theme based on the interest and needs of the audience. The workshops serve as an avenue to express feelings and emotion through abstract painting on canvas. The classes are open to all ages and no previous experience or artistic talent is required. The 2-hour workshops are limited to 10-12 participants. Please reach out with any questions or to schedule an upcoming class with [Beth.Otterbein@hoag.org](mailto:Beth.Otterbein@hoag.org) or call 949-764-6167.

Here are a few of the workshops on offer:

- Expressing Feelings with Color
- Color & Play for the Inner Child
- The Gift
- Grief
- Painting Prayer
- Painting from the Soul
- Compassion Fatigue
- Painting your Way to Inner Peace
- Disappointment & Loss

**Check with the CCN office about room availability at LCR. This class is free of charge!**



## Village Movement California Annual Conference

I attended this statewide conference on June 2<sup>nd</sup> in Oakland, and let me tell you, older adult villages like CCN are thriving all across California! The conference covered:

- Villages as Communities of Care
  - Caregiving encompasses all acts of caring for each other
  - The Caregiver Resource Center OC (<https://www.caregiveroc.org/>) offers free support services for caregivers
- A Strategic Briefing about California's Missing Middle Income Older Adults
  - Villages are filling the gaps by offering affordable and accessible care solutions
- The Benefits of Advocacy
  - What can CCN gain by seeking relationships with our local Area Agency on Aging as well as state and national lawmakers? A lot!
- The State of the Village Movement
  - More than 5,000 village members in California
  - More than 3,000 volunteers supporting village members
  - Currently 45 villages operating in the state, with 7 more in development

Please read this [Impact Report Village Movement California](#) for more information about what's happening at a state level, and if you'd like to be more involved with advocacy for CCN, or you have ideas on how we can better fulfill our mission, contact us! [CCNAgingBetter@outlook.com](mailto:CCNAgingBetter@outlook.com) or 714-962-9346

Best,  
Kirsten Valenta

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### July Brain Teaser



The number 8,549,176,320 is a unique number. What is so special about it?

*Answer will appear in the August newsletter.*

### Answer to the June Brain Teaser...

You'll find me in Mercury, Earth, Mars, Jupiter, Saturn and Uranus. But never Neptune or Venus. What am I?

*Answer:*  
The letter "R".

### July Events

7/15 – Fiesta Summer Party

7/16 – Mary Poppins Performance

#### Weekly Events:

Chair Yoga – Mondays 8:45

Mahjong – Wednesdays 1:00

#### Upcoming Events - Mark Your Calendars!

8/17 – Educational Seminar