

Care Connections Network

AGING. BETTER.

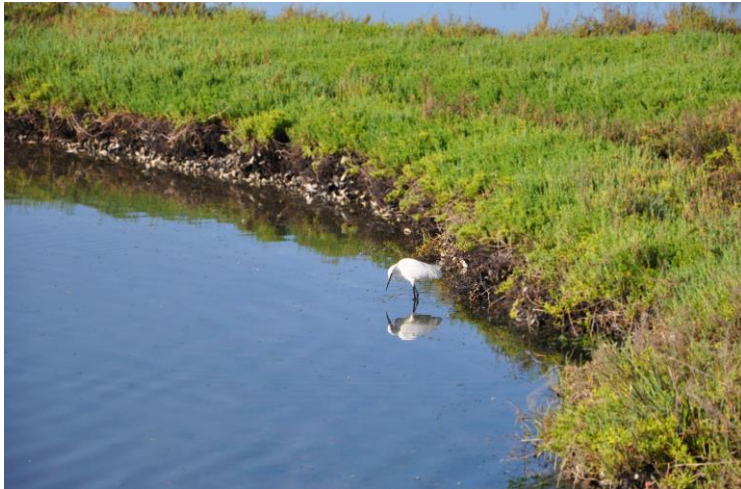


(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

August 2023



Visit Huntington Beach's Wetlands

The Huntington Beach Conservancy's Visitors Interpretive Center at Newland and PCH features a large wetlands diorama, educational displays on the ecological role of coastal wetlands and their restoration and threats, and a unique interactive display on diagnosing and caring for sick and injured wildlife.

We will learn about the Huntington Beach Wetlands from Conservancy Executive Director John Villa, then he will guide us on a walking tour of the Magnolia Marsh.

Join CCN as we tour our local wetlands on:

Date: Monday, August 21

Time: 1:30 pm

(Meet at Lutheran Church of the Resurrection to carpool.)

Register by calling 714-962-9346 or email at CCNAgingBetter@outlook.com

**** Please wear closed toed shoes for this tour. Hats and sunblock are also recommended. ****

Care Connections Network Educational Seminar

Planned or Unplanned: Post Surgery Care Options

Thursday, August 17, 2023 at 11:30am
-Bercaw Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave

Join us as we learn what post-surgery options are available - insurance based and/or private pay. Skilled nursing facilities, home health, and home care options will be discussed.

Presenter Jessica Sinon of *Care To Stay Home* earned her Bachelor's degree in Healthcare Administration and entered the skilled nursing world. It was there that she quickly discovered her love of working with seniors. She worked closely with their families through difficult transitions and built lasting relationships throughout her years. She then transitioned into home care and finds enjoyment in helping seniors who *Care To Stay Home*.

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

Contemporary Understandings of Grief

An Update on the Latest Thinking about Grief

Wednesday, August 9 from 11:30am – 1:30pm
Lunch & Learn at Trinity Episcopal Church, 2400 N. Canal Street, Orange 92865

Hoag Faith Community Nursing invites you to this special presentation by Dr. William G. (Bill) Hoy. If the last thing you learned about grief was Kubler-Ross' five stages, we have great news!

There are great, new ideas about how grief works and how it affects individuals, families and communities. In this workshop, we make the latest research findings intensely practical and fill the entire experience with challenging cases and ideas for positive interventions with bereaved people.

Please register by August 4 at oconnormortuary.com

Art4Healing: Discovering Emotional Expression through Abstract Art

Would you like a restorative outlet to express your stress, 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. **All paint and supplies are provided!** 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 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

Gather a group of friends or family and check with the CCN office about room availability at LCR. This class is free of charge!



If you are an Amazon customer, you may have received a lot of scam emails lately. I know I have. Our September seminar speaker will be addressing this issue, but here is some advice that Amazon sent out recently.

Scammers are creative and they constantly devise new schemes, exploit new technologies and change tactics to avoid detection. Stay safe by learning to identify and avoid scams.

Prime membership scams:

These are unexpected calls/texts/emails that refer to a **costly membership fee** or an **issue with your membership** and ask you to confirm or cancel the charge. These scammers try to convince you to **provide payment or bank account information** in order to **reinstate** a membership.

Amazon will never ask you to provide payment information for products or services over the phone. Visit the Message Center on Amazon.com to review authentic emails from Amazon.

Account suspension/Deletion scams:

Scammers send emails & phone calls stating that your **account will be suspended or deleted** and prompt you to click on a fraudulent link or to verbally “verify your account.”

Amazon will never ask you to disclose your password or verify sensitive personal information over the phone or on any website other than Amazon.com. Please do not click on any links or provide your information to anyone over the phone without authenticating the email or phone call. If you have questions about the status of your account, go directly to Amazon.com to view your account details.

Here are some important tips to identify scams and keep your account and information safe:

1. Trust Amazon-owned channels.

Always go through the Amazon mobile app or website when seeking customer service, tech support, or when looking to make changes to your account.

2. Be wary of false urgency.

Scammers may try to create a sense of urgency to persuade you to do what they're asking. Be wary any time someone tries to convince you that you must act now.

3. Never pay over the phone.

Amazon will never ask you to provide payment information, including gift cards (or “verification cards,” as some scammers call them) for products or services over the phone.

4. Verify links first.

Legitimate Amazon websites contain "amazon.com" or "amazon.com/support." Go directly to our website when seeking help with Amazon devices/services, orders or to make changes to your account.

This is good advice for any accounts you may have! Stay alert, CCN!



Mental Health FIRST AID Training Course

from National Council for Mental Wellbeing

Date Offered: Saturday, October 28 – more details to follow

WHY MENTAL HEALTH FIRST AID? Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

- On average: 130 people die by suicide every day. (Source: American Foundation for Suicide Prevention)
- From 1999 to 2019, 841,000 people died from drug overdoses. (Source: Centers for Disease Control and Prevention)
- Nearly 1 in 5 people in the U.S. lives with a mental illness. (Source: National Institute of Mental Health)

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

A ssess for risk of suicide or harm.

L isten nonjudgmentally.

G ive reassurance and information.

E ncourage appropriate professional help.

E ncourage self-help and other support strategies.

Hoag Faith Community Nursing will be offering this training – more details and registration will be available in September.

August Brain Teaser



Mary's father has three kids. One is Alexis and the second is Janet. Who is the third?

Answer will appear in the September newsletter.

Answer to the July Brain Teaser...

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

Answer:
It has all the digits 0 to 9 arranged in alphabetical order.

August Events

8/17 – Post-Surgery Care Seminar

8/21 – Wetlands Tour

Weekly Events:

Chair Yoga – Mondays 8:45

Mahjong – Wednesdays 1:00

Upcoming Events - Mark Your Calendars!

9/21 – Avoiding Senior Scams Seminar

TBD (Sept.) – Newland House Tour

10/28 – Mental Health First Aid