

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

September 2023



OKTOBERFEST

Prost!! Join Care Connections Network
to celebrate the arrival of fall!

Saturday, September 30
5:00 - 8:00 pm

Bercaw Hall, Resurrection Lutheran
Church, 9812 Hamilton Ave., HB



SEPTEMBER 30, 2023

ALL CCN MEMBERS WELCOME

Non-members may attend for \$35

RSVP BY SEPT. 15 TO 714-962-9346
OR CCNAgingBetter@outlook.com

Care Connections Network Educational Seminar

Recognizing and Avoiding Senior Scams

Thursday, September 21, 2023 at 11:30am
-Bercaw Hall, Lutheran Church of the
Resurrection, 9812 Hamilton Ave.

Come hear the latest news on scams
targeting seniors. The presentation will
include examples of internet/email scams,
phone scams, and distraction (in person)
scams.

Our presenter, Steve Levin, is a volunteer
with the Huntington Beach Police
Department. His background in
medical/clinical compliance led to an
interest in the mechanism of scams and
impact on the public. For the past three
years he has created and presented
programs tailored to help the senior
population recognize and combat this type
of crime that potentially can, and has, cost
individuals thousands of dollars.

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

HB Wetlands Tour *rescheduled*

The hurricane has passed! We will now visit the
Wetlands on **September 12 at 10:30 am**, followed by
lunch at your own cost (location TBD). Carpool from
Resurrection Lutheran Church at 10:15. Register at
CCNAgingBetter@outlook.com or 714/962-9346.

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

「体幹トレーニング」

体の幹となる腹筋群や背筋群は、上半身と下半身の連結機関です。良い姿勢を保ったり、バランス力を維持するためには身体の中心にある筋力を鍛えることがとても重要です。イスに座ったままできる運動もありますので、「動ける身体」をできるだけ長く維持するために体幹も強化しましょう。

“Core Training” by Miho Yamagami, Older Adults Exercise Specialist

Abdominal muscles and back muscles connect our upper bodies to our lower bodies. In order for us to keep up good posture and balance, it is important for us to train these core muscles. We can even work out these muscles sitting in a chair! We want to keep our bodies active for as long as we can, so let's learn how to strengthen our core muscles.

Although this is a Japanese language class, it is open to everyone who wants to work out their core! Wellness knows all languages!

Date: Thursday, September 28

Time: 11:00 – 12:00 exercise, with catered lunch to follow

Place: Lutheran Church of the Resurrection, 9812 Hamilton Ave., HB

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



Newland House Museum Tour

When: Tuesday, September 19

Time: 11:00 am tour

Place: 19820 Beach Blvd., HB

****Meet for carpool at Lutheran Church of the Resurrection (9812 Hamilton Ave.) at 10:30 am**
Lunch: After the tour, lunch at your own expense at Board & Brew in the Newland Center.

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

The stunningly preserved home of William and Mary Newland stands as a testament to the Historical Society's dedication to historical preservation. Restored from its abandoned condition in 1976 by the Historical Society, the 1898 Queen Anne style Victorian Farmhouse remains a treasured part of our community. The Historical Society maintains the Newland House Museum as part of a proud public/private partnership with the City of Huntington Beach.





**Tell us what
you think!!**

CCN's October seminar will be our annual survey luncheon. We want to hear what **YOU** think: about our educational seminar topics, social outings, circle groups, etc. This is a chance for **YOU** to have a say in what **YOUR** organization does and how it can better serve you. As an added bonus, we will have raffle prizes, a catered lunch, and a special travel presentation. So please mark your calendars for October 19 at 11:30. We are here to listen to your feedback!

November 4 Lifelong Learning Program Presents: Ageism

Ageism affects us all regardless of age. We are so pleased to welcome Paul Nash, PhD, Instructional Associate Professor of Gerontology, University of Southern California to engage us in a fun and honest conversation about this important topic and how we interact with it at many different levels. Dr. Nash is an expert on ageism and intersectionality, stigma, and discrimination, epitomized by his work on ageism with the World Health Organization.

Keep Saturday, November 4 open at 4:00 pm for this informative presentation. A catered dinner will be offered afterwards and all are welcome!



When: Saturday, Sept. 16
Where: HB Senior Center,
18041 Goldenwest St.
Time: 10:00 am to 1:00 pm

FREE TO ALL!!

The Huntington Beach Council on Aging is once again hosting the annual Active Living Expo at the Senior Center in Central Park. Care Connections Network will be manning a booth, reaching out to the local community to share what we do. This event is intended to encourage residents to find new ways to explore aging and discover resources available through the City and partners. In addition to dozens of vendors, there will be music and food for purchase. Stop by this event and be sure to find the CCN booth & say HELLO!

Newsletter Correction:

The August newsletter promoted the Mental Health FIRST AID Training Course offered by Hoag Faith Community Nursing.

Originally scheduled for October 28, this course will not be taking place.

We apologize for any confusion.

Call the office with any questions!

Something
Fun to Do!



Seniors Day at the Aquarium!

Monday, October 2, 9:00 am – 2:00 pm

Seniors Day will feature health display areas, special presentations, door prizes, and 20% off in the gift store for senior guests. Parking is \$8 with validation. Advance reservations for timed entry are required. No walk ups without reservation. FREE to ages 50 and over with a valid photo ID.

Reservations Required.

Capacity is limited and we expect this event to sell out quickly.

Call (562) 590-3100, ext. 0



Did you know that CCN is a member of the Huntington Beach Chamber of Commerce? As such, our members can attend chamber events like mixers, ribbon cuttings, and informational presentations.

Check out their website at hbchamber.com. If you would like to represent CCN at local events, please call the office. We have made great connections through our participation and would be happy for any of our civic-minded friends to be an ambassador for us!

September Brain Teaser



What building has the most stories?

Answer will appear in the October newsletter.

Answer to the August Brain Teaser...

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

Answer:
Mary is the third kid!

September Events

- 9/12 – Rescheduled Wetlands Tour
- 9/16 – Active Living Expo, Senior Center
- 9/19 – Newland House Tour
- 9/21 – Senior Scam Seminar
- 9/28 – Core Training (Japanese Language)
- 9/30 – Oktoberfest Fall Party

Weekly Events:

- Chair Yoga – Mondays 8:45
- Mahjong – Wednesdays 1:00

Upcoming Events - Mark Your Calendars!

- 10/1 – Flu Shot clinic
- 10/19 – Survey luncheon seminar
- 11/4 – Ageism Lifelong Learning Presentation
- 12/7 – Parade of Lights with Preschool
- 12/9 – CCN Christmas Party