

# Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

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

October 2023

## Roger's Gardens & Lunch



Join us on **Tuesday, October 17** as we meander through the colorful gardens, creep through the haunted Halloween boo-tique and step into the whimsy and elegance of the Christmas Boutique displays of Roger's Gardens. Always a fun way to get decorating hints, ideas and inspiration, Roger's Gardens goes all out for the holidays! Then work up an appetite as we sit down for lunch in the Farmhouse, enjoying the fresh flavors of the season.

We'll meet at Roger's Gardens at **10AM**, giving us ample time to take in the displays before our 11:30 reservations for lunch. (Lunch is at your cost and RSVP needed - 18 spots available)

Roger's Gardens and Farmhouse is located at 2301 San Joaquin Hills Rd., Corona del Mar, CA 92625.

If you would like to carpool, please let us know and we can meet at Lutheran Church of the Resurrection (9812 Hamilton Ave, Huntington Beach) at 9:45 am.



## Care Connections Network Educational Seminar

### Member Survey Luncheon

Thursday, October 19, 2023 at 11:30am  
-Bercaw Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave.



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.

- raffle prizes
- catered lunch
- special travel presentation

There is no charge for this event, and all members are welcome.

Register by calling the office  
714/962-9346 or email to  
[CCNAgingBetter@outlook.com](mailto:CCNAgingBetter@outlook.com)



JOIN US FOR A **FREE** LIFELONG LEARNING PROGRAM

## AGEISM FOR EVERYONE

Ageism is the last socially accepted form of prejudice and goes deep into the fabric of every society around the world. From active prejudice to thoughtless design, implicit and explicit ageism can be spotted wherever we look and the consequences are very real. This talk explores the nature of ageism, what it really means and what we can do to challenge it. Will you ever say "She looks good for her age" again?!



Dr. Paul Nash is a Professor in the Leonard Davis School of Gerontology at the University of Southern California, and is the Co-Chair of the Masters Programs in Gerontology at USC, leading the accreditation for the school. His research is focused on intersectional discrimination and stigma. He is active in teaching and recently published a core gerontological text book.

**SATURDAY, NOVEMBER 4**

This is a **FREE** presentation sponsored by Care Connections Network.

**Where:** Lutheran Church of the Resurrection, 9812 Hamilton Ave., Huntington Beach, CA 92646

**When:** Saturday, November 4 at 4:00 pm  
Catered dinner following at 5:00 pm

**\*Please register at 714-962-9346 or  
CCNAgingBetter@outlook.com by October 25!\***

get your

**Flu Shot**



Free flu shot clinic for all on  
Sunday, October 1 from 9:00 am to  
11:30 am. No pre-registration  
necessary.

Location: Lutheran Church of the  
Resurrection  
9812 Hamilton Ave., Huntington  
Beach, CA 92646



**Stay tuned for  
Tech Tutoring  
2023**

We are in contact with the  
new National Honor Society  
students at Edison High  
School. Once we have a  
schedule in place, we'll start  
taking sign-ups for tech help.



Our fantastic partner, Lutheran Church of the Resurrection, is hosting a "Trunktoberfest" on October 29. It's fun for the whole family, and CCN will be running a face-painting booth! We'd love to see you there! Please consider volunteering at the event by signing up [HERE](#)

Call the CCN office with any questions!  
714-962-9346



Have you heard? The County of Orange is conducting the first-ever Older Adults Needs Assessment, and they want to hear from you! Tell them what's working and what's not. Caring for an older adult? They want to hear from you too.

If you are 55 years and older, or caring for someone 55 years and older, please participate in the Older Adults Survey. Results from this survey will guide the development of Orange County's Master Plan for Aging. This is why it is VERY important to make your voice heard. **It takes less than 10 minutes to complete the survey and your response will have a huge impact in our community.**

Click on this link: [Older Adults Needs Assessment](#) or call the CCN office to get a printed copy of the survey. The survey is open until December 30<sup>th</sup>. Let your voice be heard!



### Upcoming Huntington Beach Police Department Presentations at the Senior Center

If you attended our September seminar on scams aimed at seniors, you will know how prevalent these schemes are! The HBPD will give updated presentations every few months at the Senior Center in Central Park. The next one is:

**Date:** Friday, December 15      **Time:** 1:30 – 3:00 pm      **Topic:** Mail Scams (New!)

A new presentation covering the use of regular mail to scam seniors. The discussion will include why some seniors may be susceptible, examples of scam documents, and how you can keep from becoming a victim.

***No prior registration necessary – all are welcome!***

Senior Center in Central Park, 18041 Goldenwest St., HB (714)536-5600





## Men's Circle Group Outing Tentative Dates: Nov. 8 or 15

Paul is working on a tour of Long Beach Airport general aviation areas including the aviation museum. Then a drive to the LAX area for lunch at the Proud Bird restaurant (Aviation & W. 111th St.) and vintage aircraft display.

Stay tuned for more details!

Fun things we did in September! Check out Facebook for more pictures!



## CCN's Facebook Page:

[www.facebook.com/careconnectionsnetwork](http://www.facebook.com/careconnectionsnetwork)

## October Brain Teaser



What do you find in  
the middle of Toronto?

*Answer will appear in  
the November  
newsletter.*

## Answer to the September Brain Teaser...

What building has  
the most stories?

*Answer:*

A library!

## October Events

- 10/1 – Flu Shot Clinic
- 10/17 – Roger's Gardens and Lunch
- 10/19 – Survey Luncheon

### Weekly Events:

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

### Upcoming Events - Mark Your Calendars!

- 11/4 – Ageism Lifelong Learning Presentation
- 11/14 – Bowers Museum
- 12/7 – Parade of Lights with Preschool
- 12/9 – CCN Christmas Party