

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

January 2024



Nixon Presidential Library & Museum Tour

Where: 18001 Yorba Linda Blvd, Yorba Linda

When: Wednesday, January 24

Time: 10:00 am tour

(carpool will leave from LCR at 9:00 am)

Cost: \$26 per person

Join us for a guided tour of the Nixon Presidential Library, displaying the documents and audiovisual materials of the 37th president. Lunch will follow for those that are interested, and will be at your own expense. Please RSVP by January 21, 2024. The cost is \$26 for the tour, and we will carpool from Lutheran Church of the Resurrection at 9:00 am.

Register at CCNAgingBetter@outlook.com or call 714/962-9346. You may also register at our website [HERE](#)

Care Connections Network Educational Seminar

Available Services for Older Adults in Orange County

Thursday, January 18, 2024 at 11:30 am

- Bercaw Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave., HB

The Orange County Aging Services Collaborative brings together nonprofit and governmental senior service providers who are committed to effectively meeting the needs of our aging community through ongoing coordination. Jocelyn Rubio-Melendrez, MSG, Director of Collaborative Programs at Alzheimers Orange County, will deliver a presentation about the OCASC – what it is, and what it does. Jocelyn holds a Bachelor of Arts in Sociology from Cal State Dominguez Hills and a Master of Science in Gerontology from Cal State Long Beach.

Lunch will be served.

This is a free event and all are welcome.

Register by calling the office

714/962-9346 or email to

CCNAgingBetter@outlook.com

Register at our website [HERE](#)

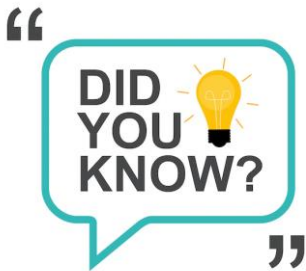
The Power 9

Dan Buettner has been identifying and studying “Blue Zones” around the world for over 20 years. You may have seen his series on Netflix, where he visits 5 Blue Zones (areas where people live exceptionally long lives) to learn their secrets. These are the 9 habits that add years to their lives:

- **Move naturally** – this doesn’t require a gym. Included are things like gardening, cooking from scratch, walking everywhere, and doing non-automated housework.
- **Have a purpose** – basically, why you wake up in the morning.
- **Downshift** – have routines to shed stress. This can be regular prayer, scheduled napping or even happy hour with friends.
- **80% rule** – stop eating when your stomach is 80% full. Many Blue Zone inhabitants eat their smallest meal late in the afternoon then don’t eat again before bed.
- **Plant slant** – beans (fava, black, soy and lentil) are the cornerstone of Blue Zone diets. Meat is only eaten about 5 times a month, in a 3-4 oz. size.
- **Wine at 5 pm** – the trick is to have 1-2 glasses a day with friends and/or with food.
- **Belong** – the denomination doesn’t matter, but belonging to a faith-based community and attending 4 services a month can add to your life expectancy.
- **Put loved ones first** – commit to a life partner, and make your children a priority. In turn, aging parents and grandparents are kept close by or in the home so regular care is near.
- **Find the right tribe** – create social circles that support healthy behavior. Smoking, obesity, happiness and even loneliness are contagious. Your social network should favorably shape your health behaviors.

Here at CCN we encourage you to continue to make connections and find new ways to live a purposeful, healthy life!

- This is an adapted excerpt from “*The Blue Zones of Happiness: Lessons From the World’s Happiest People*” by Dan Buettner, published by National Geographic. Copyright © 2017 by Dan Buettner.



CCN members may request 4 volunteer tasks a month as part of their membership. This may include:

- a drive to a medical appointment
- an in-home visit
- a grocery store run
- even changing a light bulb in your ceiling

Let us know what you need by calling 714/962-9346 or emailing CCNAgingBetter@outlook.com **Please give us 1 weeks’ notice**



Technology Tutoring: Website Training

The Care Connections Network website (CareConnectionsNetwork.com) is a great resource for information and participation with CCN events. We will be holding regular training sessions for our members to become familiar with how to use the site to do things like register for events, request volunteer services and get to know other members. Let us take your picture so you can load it into the online member directory. The first sessions will be held on Tuesday, January 16 and Monday, January 29 from 3:00 to 4:00 pm. In order to give individual attention to all attendees, we'd like to sign up no more than 10 people per session. Future sessions will be arranged as needed. Edison students will again be helping and can answer other tech questions if time permits.

When: Tues. 1/16 and Mon. 1/29

Time: 3:00-4:00 pm

Where: T-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

****Bring your laptop or tablet and be sure to know your password for the CCN website. If you haven't set up an account yet, don't worry! We can help you do it.**



Circle Groups

Thank you to those who signed up for Circle Groups at the Christmas party in December. We will be contacting you soon to set up first meetings for the following groups:

- Game Day
- "Get to Know" Group
- Hiking Group
- Travel Circle

Contact the office if you would like more information, or if you have another idea of a group you'd like to start.

Volunteers Needed

CCN operates on a "Pay it Forward" model. Our members help where they can, and request help when they need it.

We can always use volunteers who can drive others to appointments, make check-in phone calls, or grocery shop for our members. Let us know what you are interested in doing and we will add you to our list of helpful members!

We are thankful for you!

A great time was had at the CCN Christmas Party! Check out our facebook page for more photos.

<https://www.facebook.com/careconnectionsnetwork>



January Brain Teaser



I have a head and a
tail, but no body.
What am I?

*Answer will appear in
the February
newsletter.*

Answer to the December Brain Teaser...

Guess the next three
letters in the series:
GTNTL_ _ _

Answer:

ITS

(Guess The Next
Three Letters In The
Series)

January Events

- 1/16 – CCN Website Training
- 1/18 – Educational Seminar
- 1/24 – Nixon Library
- 1/29 – CCN Website Training

Weekly Events:

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