

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

February 2024

National VILLAGE DAY

Celebrating the nearly 50 villages across the state that empower over 5,000 older Californians to continue living lives of purpose & promise while remaining in their own homes.



THURSDAY
February 15, 2024



Yes, we are a village! CCN is a member of Village Movement California, and of the nationwide Village-to-Village Network. Sign up for our monthly seminar on Feb. 15 (which is also National Village Day) and we will celebrate who we are and what we do as we continue to **AGE BETTER!** ➡

Hoag Spirituality Conference: The Spirituality of Compassion

Our partners at Hoag Faith Community Nursing have invited all who are interested in the topic of Spirituality and Health to attend their annual conference. Wednesday March 20 8:00 am - 3:30 pm at Fullerton Free Church. Early registration discount if registered before February 23. Check out this flyer for more information:

[Spirituality Conference](#)

Care Connections Network Educational Seminar

Mastering Mind Control Techniques for a Pain and Stress-Free Life

Thursday, February 15, 2024 at 11:30 am

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

Dr. Peggy, a pharmacist, goes beyond conventional and alternative medicine by practicing as a certified hypnotherapist in her professional journey. She utilizes the potential of the mind to promote healing and address a spectrum of conditions. Applying hypnosis and guided meditation, Dr. Peggy enables patients to explore their subconscious, fostering mental resilience, and aiding in the effective management of stress, pain, and other health challenges. In her practice, Dr. Peggy places a strong emphasis on preventative care, encouraging patients to adopt lifestyle modifications that promote long-term health and vitality.

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](#)

Bilingual Seminar

Fall Prevention Exercise

Older Adults Exercise Specialist
Miho Yamagami will lead our group
in exercises to help prevent falls.

This event is open to all, as
exercise has no language barriers.

Please wear comfortable clothes

When: Tuesday, February 22

Exercise: 11:30 am

Lunch: 12:30 pm

Where: Bercaw Hall, LCR,
9812 Hamilton Ave., HB

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

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



Jewelry Making with Jennie

CCN friend Jennie Austin will lead
this jewelry-making session, sharing
her many years of expertise with us.

Materials and supplies will be
provided for a cost of **\$15**. Come
give your creative side a chance to
shine!

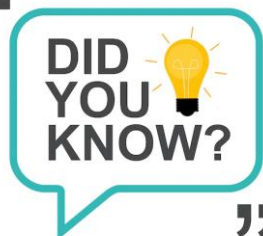
Date: Thursday February 8

Time: 10:00 – 11:00 am

Place: T-Hall, LCR,
9812 Hamilton Ave., HB

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

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CCN's membership dues hasn't
changed since we launched our
group in 2012. Through fundraising
and grants we have been able to
sustain our programming, and even
add to it without raising dues for our
members. We hope that you find
value in CCN and invite your
friends to check us out!





Circle Groups forming:

Game Day, "Get to Know" Group, Hiking Group and Travel Circle. We are in the process of setting up first meetings. Stay tuned!

Technology Tutoring and Website Training

Twice-monthly tech help sessions continue in February. Come learn how to navigate our website CareConnectionsNetwork.com, or bring any tech that you would like to learn more about (laptop, tablet, smartphone, smartwatch).

When: Tues. 2/13 and Mon. 2/26

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

More Reason to Get Moving

Taking at least 3,800 steps per day is linked to a lower risk of dementia, according to a recent study published online Sept. 6, 2022, by *JAMA Neurology*.

Researchers tracked the daily steps of 78,000 healthy people, average age 61, for 34 months. Individuals wore wrist devices to record their total number of steps and how many steps they averaged per minute.

The group then was followed for seven years to see who developed dementia. Those who walked an average of 3,800 daily steps had a 25% lower risk for dementia than those who took fewer steps. The benefit increased as daily steps rose and peaked at 9,800 with no measurable gains beyond this number. Intensity offered extra protection.

Sounds like a good time to go for a walk!

OCASC 2024 Older Adults Survey

At January's seminar, we heard from the Director of Collaborative Programs at the OC Aging Services Collaborative. Click the link below to print out and complete a short survey intended to assess the needs of older adults in Orange County. The surveys are due February 13 and you may return them to the CCN office. Call the office with any questions 714/962-9346.

[2024 OCASC Older Adults Survey](#)



A Huntington Beach icon has passed. William (Bill) Kettler grew up in Huntington Beach and graduated from Huntington Beach High in 1939. He served in the U.S. Army during World War II and dedicated many years as a trustee with the Huntington Beach City School District. Kettler Elementary School was named after him and the District Office still bears his name and legacy as the Kettler Education Center. Mr. Kettler would have been 102 years old this March. CCN visited with this legend on our walking tour of Huntington Beach with Chris Epting. A great example of living a life of purpose and connection.



LCR Murder Mystery Night

Lights, Camera, Murder! Come walk the blood-red carpet and enjoy a night of secrets, celebrities and scandal at the Vanity Affair Oscar After-Party on **Saturday, February 24, at 6:00 pm.** Search for clues to find the killer but be careful, you may be a suspect. Plan on heavy appetizers, spirits, dancing and lots of detective mingling. You will be playing a role, so plan on joining us for a tantalizing night in Tinseltown filled with twists, terror and just plain fun! Entrance price is \$30 per person; sign up now through February 11.

Call the church office to sign up
714/962-5005

February Brain Teaser



What do a tick and the Eiffel Tower have in common?

Answer will appear in the March newsletter.

Answer to the January Brain Teaser...

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

Answer:

A coin.

February Events

- 2/8 – Jewelry-Making
- 2/13 – Tech Tutoring
- 2/15 – Educational Seminar
- 2/22 – Bilingual Seminar
- 2/26 – Tech Tutoring
- 2/29 – CCN Website Training

Weekly Events:

- Chair Yoga – Mondays 8:45
- Mahjong – Wednesdays 1:00
- Paper Rollers – Thursdays 9:00

Save the Date!

- 3/16 – St Patricks Day Party