

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

April 2024



The Hilbert Museum of California at Chapman University opened in 2016 and is the home of one of the world's largest collections of California narrative art. Newly renovated and reopened in February 2024, this museum is committed to tracing the rich, iconic history of the Golden State from the late 19th century to the present day through works by leading California Scene artists and animators. Tour starts at 10:00 am and 20 spots are available.

Date: Tuesday, April 9

Time of tour: 10:00 am

Where: Hilbert Museum

167 N Atchison Street, Orange

Cost: Free admission; lunch afterwards at Ruby's across the street at your own expense.

Carpool will leave from LCR parking lot at 9:00 am

RSVP to CCNAgingBetter@outlook.com

Or call 714-962-9346

Register at our website [HERE](#)

Care Connections Network Educational Seminar

Are You Good to Go?

Thursday, April 18, 2024 at 11:30 am
- Bercaw Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave., HB

A conversation about discernment, decisions, and dignity when considering end of life. We will review the importance of Advance Directives and appropriate use of the POLST, as well as fresh perspectives on coping with serious or terminal illness.

Every person, every moment, every day, matters, and we do well to seek pathways to appreciate the encounters which spark love and friendship in everyday situations. Patty Mouton, MSGc, is the Vice President of Alzheimers Orange County. She is an experienced executive and educator in older adult services, dementia and end-of-life care.

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](#)

Lifelong Learning Presentation



FROM 1960 IOWA.... TO INDIA 1965-2001

What I Learned Adjusting to a New Culture

CCN member Gary Miller will present an illustrated story of how a kid from an isolated Iowa farm learned to live in an overpopulated, non-Christian culture with a billion people; affectionately called the world's attic. He went from saving souls to giving testimony about how God was at work in that place.

Date: Saturday, May 4

Time: 4:00 Presentation, 5:15 Potluck Dinner

Place: LCR Sanctuary and Bercaw Hall
9812 Hamilton Ave., HB

RSVP at ccnagingbetter@outlook.com
or 714/962-9346

****Two Indian dishes will be offered to sample; please bring a potluck dish to share****

Scam Seminar Follow-up

We had a very informative seminar on March 21st, learning about the latest scams that target older adults through the mail or at their front door. This made one of our members question a Medicare card that she had received in the mail in December of 2023, without having requested a new one.

Was this a scam attempt?

She decided to call the official government Medicare office and confirmed that the new card was good.

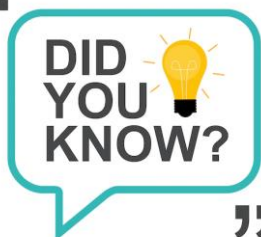
In recent years, fraud and scam attempts regarding Medicare cards have increased tremendously, so the Medicare office has been issuing new cards, trying to prevent further chaos. You can find answers to your Medicare questions at the official website:

[Medicare.gov](https://www.Medicare.gov)

Or call at 1-800-633-4227

Be sure to seek out official contact information if you have questions about unusual correspondence. Staying aware and alert helps us to AGE BETTER!

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The financial grant that we received from the ELCA allows us to provide catered lunches for all our English-language and Japanese-language seminars. But with this perk comes the need to know our registrant count five days in advance for the caterer. Please be sure to register for any catered events (including quarterly parties) at least 5 days ahead of time so we are sure to have enough food and drink!

“Five Wishes Workshop- 五つの願いワークショップ”

「五つの願い」をご存知の方も多いと思います。知ってはいるけれど、いざ自分で書こうと思ってもなかなか進まないものです。もし事故や病気で判断力を失った時、受けたい、もしくは受けたくない医療行為は？また、家族に言い残しておきたいことや、こうしてもらいたいと願うことなど、ご自分の「五つの願い（医療に関する事前指示書）」をワークショップにて完成させましょう！すでに「五つの願い」をお持ちの方はご持参ください。

講師 (Speaker) : 小谷 洸弘

元 OC 介護ホームズ オーナー。ボランティア活動で健康や介護に関する講演、セミナーやコンファレンス、映画上映会等を企画開催。

申し込み : fumiliang@gmail.com または CCN(714) 962-9346



Join CCN & LCR on the 55th Annual Pilgrimage to Manzanar Historical Site, organized by the Manzanar Committee which is dedicated to educating and raising public awareness of the incarceration and violation of civil rights of persons of Japanese ancestry during World War II. The program includes speakers, cultural performances, an interfaith service, and Ondo dancing. We have reserved a luxury coach for Saturday, April 27, leaving LCR parking lot at 6:30 am and returning at 6:30 pm. Box lunch will be provided; attendees should bring snacks and water. Cost is \$20. Click this link for more information about the event: [Manzanar FAQ](#)



PLANES OF FAME AIR MUSEUM

The Men's Circle Group will be travelling to Chino to take a tour of the Planes of Fame Air Museum on **Wednesday, April 10.**

Carpool will leave at **8:00 am** from the LCR parking lot. Museum opens at 10:00 am, and the group will either have breakfast before or lunch after the tour at Flo's Airport Café.

Admission prices are as follows:

Veterans - \$14, Seniors - \$18

Flo's meal at your own expense.

Contact Paul Coulter with any questions at 714-469-1262

Planes of Fame Air Museum
14998 Cal Aero Drive
Chino, CA 91710

Marsha's Cookie Corner

(we'll highlight a new recipe each month!)

Glazed Cinnamon Bars

1 cup butter
1 cup brown sugar
1 egg, separated, save the egg white
1 $\frac{3}{4}$ cup flour
1 Tbsp. cinnamon

Preheat oven to 350 degrees.

Combine butter, brown sugar and egg yolk and beat until creamy. Stir in flour and cinnamon, mix well. Spread into greased 13X9 in. pan. (I just spray my pan with Pam)

$\frac{1}{2}$ cup powdered sugar
1 cup chopped walnuts
The saved egg white

Beat the egg white until foamy, blend in powdered sugar (I sift the powdered sugar first). Brush mixture over batter; sprinkle with nuts (I pat them down just a bit to help them stick to the dough).

Bake at 350 degrees 30-35 min. until nicely browned. Cut into bars while hot and remove to racks to cool.

Technology Tutoring

Bring any tech that you need help with (laptop, tablet, smartphone, smartwatch) & learn something new!

Date: Monday, April 22

Time: 3:00-4:00 pm

Where: T-Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave, Huntington Beach

Travel Circle Group

We will meet to discuss local trips that offer something for everyone. Focus will be southern California. Bring your ideas and any materials you may have (guide books, brochures, pictures, etc.)

Date: Tuesday, April 16

Time: 2:00 – 3:15 pm

Place: T-Hall, Lutheran Church of the Resurrection

April Funnies



What country's capital is growing the fastest?

Answer will appear in the May newsletter.

Answer to the March Funnies...

Why did the scarecrow win an award?

Answer:

He was outstanding in his field!

April Events

4/9 – Hilbert Museum tour
4/10 – Mens Circle Group tour
4/16 – Travel Circle Group meeting
4/18 – Educational Seminar
4/22 – Tech Tutoring
4/27 – Bus trip to Manzanar
4/30 – Japanese Seminar

Weekly Events:

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

Save the Date!

May 4 – Gary Miller Presentation