

PRESS RELEASE

Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: January 24, 2012

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SUBJECT: SPECIAL TOPICS AND SCREENINGS AT THE CYPRESS SENIOR
CENTER FOR FEBRUARY 2012

The following programs will be offered at the Cypress Senior Center, which is located at 9031 Grindlay Street, just south of Lincoln Avenue and about a mile west of Valley View Street in Cypress. You need not be a Cypress resident to participate in these free programs. For more information or reservations please call (714) 229-2005. Information about other services at the Cypress Senior Center may also be found on the Cypress Recreation & Community Services' website at www.cypressrec.com.

BLOOD PRESSURE SCREENINGS

Glenda Papa, R.N.

Fridays - February 3rd, 10th, 17th and 24th

10:00 - 11:30 am

Free. Walk-in.

BEREAVEMENT SUPPORT GROUP

Wednesdays - Ongoing 1:00 - 2:30 pm

Linda McMahan, MS, MA. Bereavement Manager

VITAS Innovative Hospice Care of O.C.

Anyone who has lost a loved one is welcome to attend this group to have an opportunity to safely share your grief experiences. This program includes discussion on the grief process, life after loss, depression, loneliness, and positive transitions. Free. Walk-in.

CALIFORNIA TELEPHONE ACCESS PROGRAM - CTAP

Thursday, February 2nd 10:00 - 11:30 am

California Communications Access Foundation

Californians who are deaf, hard of hearing, speech disabled, blind, or who have low vision, cognitive impairments or restricted mobility are eligible to receive equipment from CTAP. Eligible customers can receive equipment absolutely free. Find out if you qualify and how to apply. Free. Walk-in.

THE SKINNY ON FAT

Thursday, February 9th 10:30 - 11:30 am

Neta Wenrick, Nutrition Specialist/Coach

Independent Juice Plus+ Distributor

Transfats, monosaturated fats, unsaturated fats...are you confused? Does the body need fat? Are low fat diets good for you? If these are questions you have, join Neta Wenrick to get the answer you need. Free. Reservations recommended.

HEART HEALTH: NUTRITIONAL & NEUROLOGICAL ASPECTS

Tuesday, February 14th 10:30 - 11:30 am

Dr. Will Rogers, Functional Neurologist

Seacrest Health & Wellness Center

Did you know the right cortex of your brain is more concerned with the rate of your heart, and your left cortex is more concerned with the rhythm of your heart? Did you know that CoQ10 can give you more cardiovascular stamina? Learn these and many more amazing things about your heart health.

Free. Reservations recommended.

ADVANCE DIRECTIVES

Tuesday, February 21st 10:30 - 11:30 am

Gordon Brown, Dir. of Community Education, Haven Health

What kind of medical care would you want if you were too ill or hurt to express your wishes? Advance directives are legal documents that allow you to convey your decisions about end-of-life care ahead of time. They provide a way for you to communicate your wishes to family, friends and health care professionals, and to avoid confusion later on. Everyone 18 years or older should have this important document. Learn more about Advance Directives from Gordon Brown.

Free. Reservations recommended.

DEHYDRATION

Thursday, February 23rd 10:30 - 11:30 am

Judy Velarde, Community Outreach, SCAN Health Plan

Water is a critical element of the body and adequate hydration is a must to allow the body to function. Up to 75% of the body's weight is made up of water. The body is very dynamic and always changing. Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. Learn about the signs, symptoms, complications, treatment and prevention of dehydration. Free. Reservations recommended.

SENIOR-PRENEUR

Tuesday, February 28th 10:00 - 11:00 am

Nancy Levy, Senior Shopping Guide

Small business owners over 50 years of age are called "seniorpreneurs." Seniorpreneurs start a new business as the chance to do what they have always wanted to do. It is a chance to break free from the "employee status" and have the financial resources to succeed. Meet boomers and seniors who have started their businesses after 50. They will guide you and present some useful tips on the how-to's of starting your own business. Free. Reservations recommended.

