

# Los Gatos Senior Center Newsletter

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See insert for details on senior programs and activities:

- 55 Alive Mature Driving Training
- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak Adult Day Services—Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips

September / October 2006

## Second Chance Week



**October 16 - 20**  
**9:00 AM - 12:00 PM**

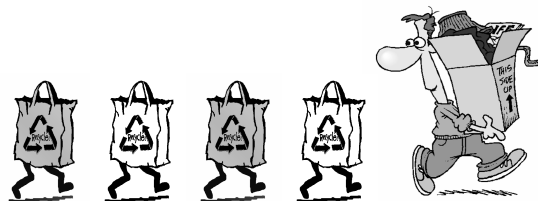
### Start Your Holiday Giving Now, Give Your Things A SECOND CHANCE!

Donate your slightly used adult and child sweaters, jackets, coats, raincoats, wind breakers, men's jeans, sweat shirts & pants, wool scarves, blankets, sheets (single preferred, but all sizes welcomed), towels, new toiletries, sleeping bags, kitchen and table utensils, prescription eyeglasses, and non-prescription UV-protected sunglasses. **Only items listed will be accepted.**

Please drop off your donations at:  
Los Gatos Senior Center  
Neighborhood Center  
208 East Main Street  
Los Gatos, CA

Your donations will benefit a number of nonprofit organizations that provide shelter and other services to those in need.

For more information, please call the Town of Los Gatos Recycling Coordinator, at (408) 399-5796, or visit [www.losgatosca.gov/secondchance](http://www.losgatosca.gov/secondchance)

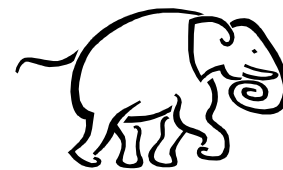


## Save the Date

**Wednesday, September 20!**  
**Senior Bar-b-que**

Time to join your friends and bid farewell to summer! Come to the third annual Senior Bar-b-que in the Pageant Grounds Park. A delicious barbecued lunch, free of charge to local seniors, will be provided compliments of the Town of Los Gatos Parks Commission. Lunch will be served at noon. Pageant Ground Park is located at the end of Fiesta (the street in front of the Neighborhood Center) to the right and up the small hill behind the Police Department. For more information contact the Senior Center at (408) 354-1514.

You may also purchase a salad from the Live Oak Senior Nutrition Program for \$2.00. If interested, please contact the Nutrition Program at (408) 354-00707



## White Elephant Sale

The Terraces of Los Gatos Auxiliary, 800 Blossom Hill Road is presenting their annual sale on Saturday, September 30, 2006 from 9 AM to 1 PM in the Assembly Hall. Please call Mary Fraser at (408) 356-5579 for more information.

## **Salute! To Your Good Health!**

*By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center*

October is Earthquake and Fire Safety Month. In California we all know it's important to have an Emergency Kit on hand in the event of a disaster, natural or man-made. But how many of us have one that is current and up-to-date? Not me! Join me in getting a kit together for the house and the car! If you are computer literate, you can check out [www.redcross.org](http://www.redcross.org) or [www.72hours.org](http://www.72hours.org) for some great tips!

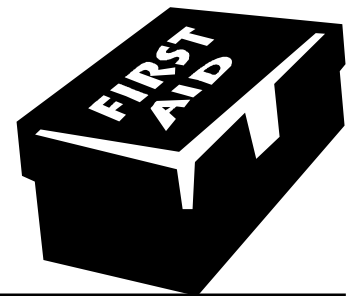
**Containers:** For the house, use a large plastic covered trash can; one with wheels would be easy to move quickly. You could also use a camping backpack or a duffel bag that zips. Even a suitcase with wheels would work.

**Water and Food:** Store enough for three days or 72 hours, for each person in your household. Include a gallon of water per person per day and enough food that is non-perishable, ready to eat and dense nutrients like peanut butter, nuts, pop-open cans of soup, fruit, and beans. Make sure to have a supply of your favorite comfort/stress reducing foods!

**Pets:** Have enough water and food for each pet in you house. Make sure your pet has a collar with an address or phone number on the tag. Keep a picture of your pet in case they get loose in the disaster and a supply of medicine they may be taking. Keep another collar and strong leash in your kit.

**First Aid Kit:** Have the basic things in your first aid kit, including scissors, bandages, antiseptic cleaner and ointments, sun screen, non-prescription drugs, safety pins. These are readily available in the drug or hardware store. Make sure to pack prescription medications, contact lens solutions, and an extra set of eyeglasses.

Get started and be safe! Contact us at 408-354-0707 if you need suggestions of food items to go into your kits.



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## **Volunteer Opportunity**

**A Voice for the Elderly - Be an Advocate**  
**Become a Volunteer Ombudsman**

Do the news reports of abuse and neglect on the elderly in nursing homes concern you? Is the Residential Care Home in your neighborhood providing proper assistance to the elderly?

The Long Term Care Ombudsman program of Santa Clara County is looking for volunteers. Are you interested in being an advocate for the elderly in Nursing Homes, Residential Care and Assisted Living Facilities? Full training is provided and upon completion you will become state-certified.

To learn more about the dynamic and rewarding Volunteer Ombudsman Opportunity, please contact Stephany Beane at (408) 325-5134 or [sbeane@ccsj.org](mailto:sbeane@ccsj.org).

## Did You Know?

### Caregiver Health

Are you caring for an older adult with a serious health problem or the trials of advanced age? The caring you do is so helpful and important. While you are busy and concerned with taking care of another's health, it is important to recognize how caregiving may affect your own health – physically, mentally, and emotionally.



#### Physical Effects

Researchers have found that caregivers are less healthy compared to non-caregivers and tend to exhibit more of the following: decreased ability to fight illness, slower healing rates, higher hospitalization rates, higher death rates, higher incidence of headaches, gastro-intestinal problems and insomnia, increased risk of heart disease, and increased rates of poor general health. There is a proven mind-body connection, and often times the high rate of physical problems in caregivers are closely tied to the mental effects of caregiving.

#### Mental Effects

According to caregiving research, caregivers have significantly higher levels of depression as compared to non-caregivers, which increases the risk of poor physical health. Why? Research has shown that depression and other mental health effects are significant risk factors for common chronic conditions such as coronary heart disease, cancer, and diabetes. The following are examples of psychological effects common to caregivers: depression, anxiety disorders, stress, and guilt.

#### Emotional Effects

Caregivers who, in addition to caregiving, are playing various roles – e.g., that of spouse, employee or parent – often exhibit signs related to the stress in their lives. Emotional signs of caregiver stress and exhaustion include: anger at self and the patient, social withdrawal from friends and activities, irritability leading to moodiness, negative thoughts and reactions, inability to concentrate, problems at work and alcohol and other substance use.

#### Available Resources

There is good news! Research has also clearly shown that access to a good social support network can offset some of the physical, mental and emotional effects some caregivers deal with.

#### Family Caregiver Alliance

The public voice for caregivers – provides information, education, services, research and advocacy related to caregiver needs [www.caregiver.org](http://www.caregiver.org) (800) 445-8106.

#### National Family Caregivers Association

Support website with useful links related to caregiver issues – education, support and events [www.nfcacares.org](http://www.nfcacares.org) (800) 896-3650

**Weekly Senior Programs at the Neighborhood Center**

**Line Dance:**

Class designed for those with some line dance experience and those who wish to add to their repertoire.

**Line Dance (Beginning):**

For those with little or no experience.

**Tai Chi at High Noon:**

Learn ways to relax, revitalize, and have fun!

**Meditation:**

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

**Mah Jongg:**

A fun and challenging game played with tiles.

**Watercolor Painting (Beginning):**

Learn fundamental techniques with step-by-step instruction.

**Watercolor (Advanced):**

For those who have had previous experience in watercolor painting.

*For dates, times, and fees, please contact the Los Gatos Recreation Department, (408) 354-8700*

**ART IN THE COUNCIL CHAMBERS**  
**Presents Photography by:**  
**The Los Gatos - Saratoga Camera Club**

**Exhibit Dates:**  
**Sept. 7 — Nov. 9**

**Reception:**  
**Friday, Sept. 15, 2006**  
**6:00 pm to 8:00 pm**

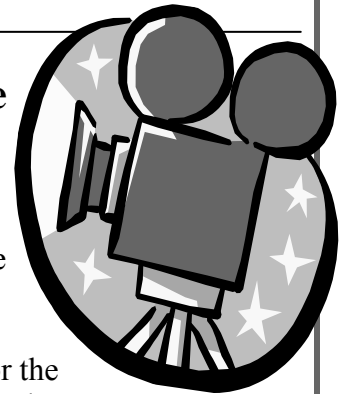


**Senior Center Information**

Los Gatos Senior Center  
 Located in the Neighborhood Center  
 208 E. Main Street, Los Gatos, CA 95030  
 Senior Coordinator: Linda Gallo

Hours: Monday through Friday— 8:30 AM to 4:30 PM  
 Phone: (408) 354-1514  
 Email: lgallo@losgatosca.gov  
 Website: www.losgatosca.gov

**Wednesday Afternoon Movies at the Senior Center**



Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). September's movie will be **Rumor Has It** and in October we will be showing **The Producers**.

**Please join us for lunch and a movie, or just a movie and snack.  
 Enjoy our big screen movie experience!**

**Los Gatos Senior Center Newsletter Mailing List**

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov).

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State / Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Return completed form to: Los Gatos Senior Center,  
 208 E. Main Street, Los Gatos CA 95030