HBCOA Huntington Beach COUNCIL ON AGING

September 2022

OUTLOOK

ON ACTIVE AGING

SENIOR CENTER in Central Park FIVE YEARS STRONG

NEW WAYS TO EXPLORE AGING
ACTIVE LIVING EXPO

Senior Center in Central Park
18041 Goldenwest ST, HB CA 92648

ACTIVE LIVING EXPO

NEW WAYS TO EXPLORE AGING

SENIOR NO LONGER MEANS OLD! Find out new ways to explore aging at the Active Living Expo Saturday, September 17, from 10am—1pm. The Senior Center in Central Park will celebrate aging with important information, live entertainment, and fun food options. 80+ vendors, community groups, wellness organizations, and City services will offer ways to help you in your aging journey. Free parking will be available across the street at the Huntington Beach Library, with all day shuttle service provided. Join us! Bring friends, family, and anyone interested in new ways to age.

Major sponsorship for this event is provided by the Huntington Beach Council on Aging, Hoag, MemorialCare Medical Group, and Syrentis Clinical Research.

HB COUNCIL ON AGING EXECUTIVE BOARD

Ellen HopeKearns, *President*
Teri Simonis, *1st Vice President*
Judy Osuna, *2nd Vice President*
Phil Burtis, *Treasurer*
Beth Hambelton, *Asst. Recording Sec.*
Beatrice Wiest, *Administrative Sec.*
Ed Pinchiff, *Asst. Administrative Sec.*
Debbie Killey, *Immediate Past Pres*

HBCOA BOARD MEMBERS

Bob Allen
Patti Cody
Lindsay DuFresne
Beverly Fleming
Junko Hara
Jose Juarez
Kevin McCobb
Grace Mayeda
Cathy Meschuk
James Pike
Carolyn Ross
Phil Smith
John Villa

CITY COUNCIL LIAISONS

Kim Carr
Barbara Delgleize

For additional information please visit the HBCOA website at *www.HBCOA.org* or like their *Facebook* page at Huntington Beach Council on Aging @HBCOA

In This Issue

President's Welcome	**2**
HBCOA Membership	**2**
Travel Program	**3**
Supervisor's Message	**4**
Center Events	**5**
Recreation Services	**9**
Health and Wellness	**10**
Volunteer Services	**11**
Social Services	**12**
Transportation	**13**
Café Menu & Resources	**18**
Class Schedule	**19**
HBCOA Sponsors	**20**

HBCOA INFORMATION AND UPDATES

Farewell summer, Hello autumn! In September we say farewell to summer on Labor Day and observe other holidays such as Patriot Day also referred to as September 11th Remembrance Day, the Jewish New Year holiday of Rosh Hashanah, AIDS and Aging Awareness Day, and Grandparents' Day, to name a few.

Year-round, the HBCOA in partnership with the Senior Center provides quality programs and life-enriching services, aimed at fostering independence and active aging. September marks the start of the HBCOA 2023 membership drive and we celebrate HBCOA's 50th year of supporting our senior community. Thank you HBCOA and Evergreen Donors for your ongoing support. On the 29th, the Evergreen Annual Giving program will host a reception for Evergreen donors. Stop by the Evergreen Tree of Life at the Senior Center, which honors donors who have contributed $1000 or more. Would you like to become an Evergreen donor and have your name on a colorful leaf hanging on the Evergreen Tree? For information, contact Randy Pesqueira at rpesqueira@surfcity-hb.org.

Upcoming events this month include the Active Living Expo which will feature new ways to explore aging on Saturday, September 17 from 10am-1pm. The HBCOA Travel Program will offer day trips to Del Coronado on the 8th and the Getty Villa with lunch at Malibu's Gladstone's on the 22nd. The full trip descriptions are on page 3 and at the HBCOA website www.hbcoa.org. Join us October 15th for the Silverados concert on the Senior Center back lawn. In the meanwhile, I encourage you to model the HBCOA motto:

Get out, Get Active, and Meet New Friends

Ellen HopeKearns, PhD
HBCOA President

2023 OUTLOOK RENEWAL ANNOUNCEMENT

Date____/____/____ ____2023 New ____ 2023 Renewal
Levels of support: Bronze-Evergreen members are recognized in the ***Outlook*** as sponsors, and at *www.hbcoa.org.*
___$15 per person *sponsors:* ___$100 Bronze ___$250 Silver___ $500 Gold
___$1000+ Evergreen Tree of Life Donor
___List my sponsorship as:_____
___Keep my donation anonymous.
___I have enclosed a self-addressed stamped envelope for my membership card
___I will pick up my card at the Senior Center.
___*I do not wish to receive the* ***Outlook*** *by mail with my membership.*

PLEASE PRINT

NAME (S)_____COMPANY _____
Last First
ADDRESS_____
Number/Spc/Apt City State Zip
PHONE (____)_____

E-MAIL_____
Annual fee includes a subscription to the ***Outlook*** newsletter, one issue per household, to be renewed annually. Discounts for HBCOA events apply per person. Sponsors receive discounts for couples. Make checks payable to **HBCOA** and mail to: 18041 Goldenwest St., Huntington Beach, CA 92648 *HBCOA Tax ID# 51-0179431* or go to hbcoa.org. Renewal valid until 12/31/2023

Trip registration is available Monday- Friday in the Travel and Resource Room at the Senior Center in Central Park. Unless otherwise noted trips depart from the Huntington Beach Central Library Theater parking lot on Goldenwest and Talbert next to the Central Library. All trips will require proof of vaccination at time of registration and during the trip until further notice. For any travel or trips related questions please contact the Resource Room at (714) 374-1572

The Del & The Cays of Coronado:
Thursday, September 8

Today we escape to Coronado, the picturesque island located across the bay from downtown San Diego. This historic resort city is nicknamed The Crown City, since Coronado is Spanish for "crowned one". Enjoy time at leisure for browsing and lunch on your own along Orange Avenue in the historic Coronado Village – three walkable blocks that feature a variety of shops, restaurants and casual eateries. We continue to the legendary Hotel Del Coronado, the National Historic Landmark and cultural icon that evokes the legacy and magic of two centuries. For 134 years, the Hotel Del Coronado has captured the hearts and imaginations of all who have walked through its doors – and now the next chapter has begun with the completion of a $400 million renovation! Enjoy time at leisure to soak in its timeless charm, idyllic oceanfront setting, unique shops, and the new Hotel del Coronado Museum located in the completely restored and renovated Ice House. This masonry structure to the south of the power plant once served as the ice-making center for the entire island. The museum features permanent exhibits and rotating displays highlighting The Del's heritage, including a courtyard with reclaimed bricks from original 1910 Industrial Buildings. This afternoon we'll indulge in all the magic and tradition of Venice without leaving Coronado as we glide through the enchanting canals of the Coronado Cays aboard a traditional gondola. Your charming gondolier will point out the spectacular sights including waterfront homes, boats, and postcard-perfect scenery. ***Member Price: $119; Non-Member Price: $129 Depart: 8:30 a.m. Return: 7:30 p.m.***

Getty Villa & Gladstone's With Included Lunch at Malibu's Gladstone's
Thursday, September 22

Escape to Malibu today to savor two of its most famous and legendary landmarks. We begin with an included brunch with choice of entrée and dessert at the legendary Gladstone's. This historic beachside icon on the Malibu coast features a relaxed ambiance and consistently receives an "Editor's Pick" from *Sunset Magazine*. Founded in 1972, Gladstone's restaurant has been a symbol of Los Angeles and the Southern California lifestyle for nearly half a century. Owned by former L.A. Mayor Richard J. Riordan, this classic establishment has stood the test of time, outlived trends, and set the bar for quality and warmth. This afternoon, we continue to the Getty Villa Museum, the gorgeous estate built by oil magnate J. Paul Getty to resemble a Roman country house in Herculaneum, Italy. Step into the ancient world at this one-of-a-kind destination perched on a bluff overlooking the Pacific Ocean and offering ancient Greek and Roman art, tranquil gardens, and ocean breezes. The Getty Villa is home to an incredible collection of antiquities from the ancient world – here you can explore 4,000 years of ancient art, from the Stone Age to the final days of the Roman Empire. Enjoy approximately three hours at leisure to view up to 1,200 works on display in the newly refurbished and reimagined galleries and stroll through the garden featuring a reflecting pool, colonnaded walkways, and views of the Pacific Ocean. *While guided tours are not currently available, prior to departure you may download the free GettyGuide app to your smartphone and bring your own earphones to enjoy a free audio tour of the galleries.* ***Member Price: $129; Non-Member Price: $139 Depart: 9:00 a.m. Return: 6:30 p.m.***

High Tea In A High Town In the "Apple Pie Town" of Julian
Thursday, October 6, 2022

Escape for the day to the charming, gold-mining town of Julian – nestled among oak and pine forests in the beautiful Cuyamaca Mountains. This morning we'll stop in Santa Ysabel at Dudley's California Bakery, everyone's favorite backcountry bakery offering 43 different types of freshly baked bread, pastries, cookies, and pies available for purchase. We continue along the mountain roads to Julian, San Diego's historic mountain town (elevation 4,200 feet) that could be described "as American as apple pie." The entire town is a designated historic district, and the shops and restaurants are housed in Victorian-style buildings dating back to the 1870s. We'll enjoy an included Apple Blossom Tea hosted by the Julian Woman's Club. This beloved organization that was founded more than 100 years ago not only created the Julian Pioneer Museum, but hosts special, private events like this to attract visitors to this historic town and raise funds to support a variety of philanthropic projects including high school scholarships and programs for children. The English-style afternoon tea, set in their charming clubhouse, includes a variety of finger sandwiches, seasonal fruit, scones with jam, curd and whipped cream, desserts, and tea. Enjoy time at leisure this afternoon browsing Julian's unique boutiques, and pie shops selling a variety of apple pies and apple ciders to take home. ***Member Price: $109; Non-Member Price: $119 Depart: 8:00 a.m. Return: 7:00 p.m.***

Griffith Park Gadabout: The Autry Museum, Griffith Observatory & Included Boxed Lunch
Friday, October 28, 2022

Today we'll explore Griffith Park, one of the largest urban parks in North America and known as the "Central Park" of Los Angeles. After successful mining investments, Colonel Griffith J. Griffith purchased Rancho Los Feliz in 1882, and later donated over 3,000 acres to the city along with a trust fund for future improvements to the land. Discover the art, history, and cultures of the American West at the Autry Museum of the American West. This first-class museum features world-class galleries filled with Native American art and artifacts, film memorabilia, historic firearms, paintings, and special exhibitions. After an included boxed lunch picnic in Griffith Park, this afternoon we'll visit the Griffith Observatory, one of L.A.'s most recognizable landmarks and Southern California's gateway to the cosmos! Enjoy ample time at leisure to explore the many magnificent astronomical exhibits, browse the gift shop and marvel at the spectacular views of Los Angeles from the hilltop location! The free film, "The Once and Future Griffith Observatory" is narrated by Leonard Nimoy and focuses on the Observatory's history and recent renovation. Planetarium shows are available on a first-come-first-served basis for an additional fee ($5 seniors/$7 adults) upon arrival at the Observatory. ***Member Price: $99; Non-Member Price: $109 Depart: 8:15 a.m. Return: 6:30 p.m.***

COMM. LIB. SERVICES
Chris Slama, *Director*
Ashley Wysocki, *Deputy Director*
Kristin Martinez, *Prog. & Srvcs. Mgr.*

SENIOR SERVICES
Randy Pesqueira, *Executive Director*
Holland Gannon, *Recreation Supv.*
Michelle Yerke, *Social Services Supv.*
Heather Dodd, *Admin. Specialist*
Scott Getman, *Wellness Specialist*
Amber Ruiz: *Events Specialist*
Caryn Kawamoto, *Vol. Srvcs. Coord.*
Brandi Kelly-Contreras, *Transp. Coord.*
Lezly Castillo, *Transp. Dispatcher*

Phone Directory

Community Services
(714) 536–5486
Senior Services
(714)536-5600
Sr. Center Rentals & Marketing
(714) 374-1534
Transportation
(714) 374-1742
Care Management/Travel
(714) 374-1572
Home Delivered Meals
(714) 374-1717
Fitness Center
(714) 374-1578
Meals On Wheels Congregate Office
(714) 375-8404
HBCOA
(714) 374-1524

EDITOR
Heather.Dodd@surfcity-hb.org
SPONSORSHIP
Michael.Gonzales@surfcity-hb.org

Sponsorship Disclaimer
The City of Huntington Beach and the Huntington Beach Council on Aging, make no warranties, presentations, or claims concerning the quality, quantity, or availability of services sponsored in the Outlook, and they reserve the right to exercise such discretion as they may deem appropriate in the selection of sponsorship material to be published in the Outlook. By viewing the sponsorship section you agree not to hold the City of Huntington Beach, the Huntington Beach Council on Aging or its affiliates liable for the content of any sponsor, or for any delays, inaccuracies, errors or omissions in the transmission or delivery of such content. Your viewing/use of this section signals your acceptance of these terms, conditions and guidelines.

SENIOR CENTER MESSAGE

Hello from the SCCP Park Team!
So much has happened over the summer and it's nearly over. Not to worry, we have plenty to offer in the autumn schedule.

The first day of fall is September 22, which is (not coincidentally) Fall Prevention Day in the US. If you are interested in more information and reducing the risk of falls, you may like to check out the resources through National Council on Aging. Here at the SCCP, gym members can take the opportunity to optimize strength and balance by working out on their own or engaging the services of a personal trainer. Many activities and classes offered here involve engaging the mind and body. Care Management can help by providing free grab bars and lending wheelchairs and walkers to HB residents 60 and older who are in need of such equipment (as available, by appointment only.)

As for nutrition services, summer comes to a close, so has the temporarily funded Grab & Go meals provided by Meals on Wheels OC. The good news is, Fridays have been added to the Senior Café dine-in lunch schedule starting September 9th. Now lunch is available at the SCCP first come, first served on most Monday, Wednesday, and Fridays each week.

When it comes to recreation, be sure to check out the HB SANDS Senior Center section to find out about new opportunities, classes, events, and *fun* coming up this fall (hbsands.org). Social Services continue to provide support by way of Seniors on the Go Transportation, Care Management, and Home Delivered Meals.

I'd like to finish by acknowledging the Senior Center in Central Park team of staff and volunteers who work together daily to provide exceptional programs and services to the community. We are here to serve!
Best wishes always,

Michelle Yerke, MSG
Social Services Supervisor

WHERE IS YOUR OUTLOOK

Anna Yamauchi took her outlook on a wild adventure safari to Hippo corner in Kilgoris Africa.

Take your Outlook on vacation with you and pose for a picture. You could be featured in a later issue. Where in the world will the Outlook go next?

Send your submissions to
heather.dodd@surfcity-hb.org

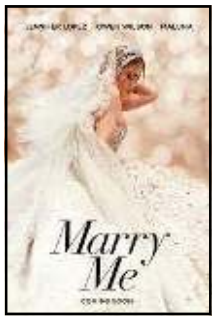
Senior Services Remembers

Ralph Bauer

Send submissions to heather.dodd@surfcity-hb.org

Tuesday Afternoon at the Movies
12 p.m. Free!
(*Movies & Times Subject to change)*

Marry Me



9/6

Pop superstar Kat Valdez (**Jennifer Lopez)** is about to get married before an audience of her loyal fans. However, seconds before the ceremony, she learns about her fiancé's cheating ways and has a meltdown on stage. In a moment of inspired insanity, Kat locks eyes with a total stranger (**Owen Wilson**) in the crowd and marries him on the spot. As forces conspire to separate the unlikely newlyweds, they must soon decide if two people from such different worlds can find true love together.

Top Gun Maverick

9/20

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell (**Tom Cruise)** is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

Call the Seniors On the Go Transportation dispatch line at (714) 374-1742 to book your rides to the movies for the month.

Golden Age Dentistry

Specializing in senior care for over 30 years

Are your existing dentures loose, ill-fitting, or broken?

WE SPECIALIZE IN DENTURES and "FALSE TEETH"

AND ALL YOUR OTHER DENTAL NEEDS

Call us today for your ***free*** consultation.

We maintain the highest standards of sterilization and patient safety in order to protect your health

17742 Beach Blvd Ste 315
Huntington Beach

(714) 887-0177

Mention HB 0922 to receive 10% off. Offer expires September, 30th 2022

assistance league® Huntington Beach

Transforming Lives • Strengthening Community

Our Chapter, DreamCatchers & Assisteens volunteers gave 39,000 hours helping children and adults in our community this past year.

Shop to Make a Difference at our Thrift Shop
8071 Slater Ave, Huntington Beach • 714 847-6511

ALHB.org • 100% Volunteer

assistance league® Huntington Beach

Here's how you can JOIN OUR TEAM

We would love to tell you about our wonderful organization!

EMAIL US:
alhbmembership@gmail.com

Check out our website: ALHB.org

BrightWatch Caregivers

Experience the Affordable Difference in Home Care for All Ages Since 1990

Call our experienced friendly staff for questions and information about our expert services and in-home care plans that will fit you and your families needs. Our award winning caregivers are trained, courteous and professional. We offer 100% match guaranttee. We are the preferred long term care insurance provider for many insurance companies.

Certified by the dept. of Social Services and the Home Care Service Calif. Consumer Protection Act # 304700033

Best Prices... Flexible Hours... No Deposit

714 841-care-2273 714 841-2225

17681 Beach Blvd. ste. 103 Huntington Beach CA 92647

HEMPEUTICS PHARMACY

HOLISTIC CBD COMPOUNDING PHARMACY IN HUNTINGTON BEACH

714-596-0808

Pain, Anxiety, Depression, Insomnia, and concerned about the medications side effects? Dr. Panahi, has helped many patients and pets with her plant-based CBD and essential oil compounding.

HempeuticsPharmacy.com
FREE SHIPPING

18821 Delaware St , Ste 104, Huntington Beach, CA 92648

Alzheimer's Family Center

SERVING DEMENTIA PATIENTS AND THEIR FAMILIES

NOW OPEN AND ACCEPTING NEW PATIENTS

- Brain-engaging activity programs
- Physical therapy and fall prevention
- Nursing oversight
- Free one-on-one caregiver counseling sessions
- Equilibrium™ outpatient group & individual mental health services for individuals with memory loss
- Free memory checkups
- Referral to community ressources

Alzheimer's Family Center
CREATE HAPPIER AND HEALTHIER DAYS

9451 Indianapolis Avenue
Huntington Beach, CA 92646

(714) 593-9630 | www.AFSCenter.org

SeaCliff Home Care
Melanie Hahn, owner
Family owned and operated

All employees are licensed, bonded & insured

SEACLIFF

* Personal Care
* Homemaker
* Live-in or hourly
* Respite Services

We provide compassionate and professional home care services to seniors in their own home!

Call today for your FREE In Home Assessment

714-274-9620
www.seacliffhomecare.com
18652 Florida St. Suite 345
Huntington Beach, CA 92648

HCO#304700102

Join Our MemorialCare 55+ Program Today!

Through our MemorialCare 55+ program, adults 55 and better gain easy access to unique health and wellness information, resources and exclusive perks, including:

- Free membership
- Personal liaisons to help you navigate your healthcare experience
- 20% discount at our medical center gift shops, cafés and on over-the-counter pharmacy products
- Medicare counseling and classes
- Free transportation to and from your MemorialCare appointments*

MemorialCare

*Limitations may apply.

Ready to join for free?

MemorialCare 55+ is an added benefit for patients of MemorialCare and does not affect your current insurance benefits.

For more information or to sign up, call one of our 55+ liaisons below, scan the QR code on your mobile device, or visit us at **memorialcare.org/55plus.**

Orange Coast Medical Center
(714) 378-5526

MemorialCare Medical Group
(866) 407-0695

Greater Newport Physicians
(866) 407-2021

MEDICARE HEALTH INSURANCE

Confused about MEDICARE?

PART A 03-03-2016
PART B 03-03-2016

Real answers from a real person

18685 Main St., Ste. 101-600
Huntington Beach, CA 92648

(714) 252-6965

Danny Matheus

Danny@Medicare101.net

CA Lic. 0B02352

I'm a Huntington Beach resident and represent most plans in California

By calling this number you will be talking to a licensed insurance agent

SENIOR CENTER

Experts at Living Well

Tuesday Movies

This month's movies will be held on ***September 6th and 20th***. On the 6th we will be showing Marry Me, and on the 20th we are screening the new Top Gun film, Maverick. Movies are free and open for drop in. Rides available with Seniors On the Go for HB residents.

Save the Date
Upcoming events at the Senior Center

- Concert on The Lawn: Oct.15
- Rise & Walk: Nov. 5
- Seashell & Jingle Bells Winter Ball: Dec. 10

CLOSED FOR LABOR DAY MONDAY, SEPTEMBER 5TH

The Senior Center will be closed on Monday, September 5th in observance of the Labor Day Holiday.

Senior Phone Scams

September 23, 2022, 2:00pm-3:30pm

Based upon the positive response from the community following its March 24 Senior Center showing, the Huntington Beach Police Department is offering a second presentation of "Phone Scams and the Senior Citizen" on Friday, September 23 from 2:00pm-3:30pm at the Senior Center in Central Park. This will be similar to the March 24th presentation with additional information that was not previously covered. Topics will include types of phone scams, why seniors are often targeted, and how to avoid becoming a victim. There will be time at the end for audience questions.

If you have any questions or would like further details, please contact HBPD Community Relations Specialist at 714.335.0085.

Senior Café Update!!!

The Senior Café in the Parkview room is now serving lunch Monday, Wednesday, and Friday each week, beginning Wednesday, September 7th. No reservations required, first come first served. Come for lunch and enjoy the many classes and activities the center has to offer.

Important Announcement !!!

The Senior Center in Central Park ***will close early at 12pm on Friday, September 16th*** to prepare for the Active Living Expo at the Center on Saturday, September 17th. There will be no classes, center, or gym access after 12pm on Friday the 16th or on Saturday the 17th. We hope to see you at the Expo.

Follow us on Facebook!
@ SeniorCenterinCentralPark for program, event, and class updates!

Hoag Health & Wellness Pavilion
Join The Movement

Alzheimer's and Exercise

Did you know that this month is Alzheimer's month? And that also on September 21st it is World Alzheimer's Day? These days it seems as though everything has its own special day or a month. There's National Best Friend's Day, National Dog Day, and much more. But this month is an important one - Alzheimer's disease affects millions of people, and that number is expected to nearly triple in the next decade.

What if I told you that the risk and symptoms of the most common form of dementia, Alzheimer's, could be lowered with regular exercise? New research presented at the American Psychological Association's annual meetings have continued to add to the tally of small studies that find correlations between physical activity and fewer signs/weaker symptoms of Alzheimer's.

One study found people older than 60 who reported getting at least 30 minutes of moderate exercise five days a week had fewer biomarkers of the disease, and less decrease in memory. Another study found fewer biomarkers among those who had better aerobic fitness, while a third found that one biomarker — known as "white matter hyperintensities" — was slower to increase in people who were deemed to have high levels of aerobic fitness.

One thing is for certain - regular exercise is extremely beneficial and lowers the risk of many chronic diseases, including Alzheimer's. If you haven't joined the Wellness Pavilion and aren't exercising regularly, then stop by and see how you can get started! Our staff are friendly & knowledgeable, our trainers are the best, and our equipment is like new!

Give us a call at 714-374-1578.

https://www.healthline.com/health-news/regular-exercise-can-slow-alzheimers-symptoms#:~:text=New%20studies%20are%20adding%20to,fewer%20biomarkers%20associated%20with%20Alzheimer's.

GYM CLOSED

Monday, September 5th

Rise & Walk 5K

Join us on Saturday,

November 5th for our fall Rise & Walk. We will start our warm-up at 8:00am, and will follow that up with a 5 kilometer walk through Central Park West and Central Park East. The cost is $5 and refreshments will be provided!

Activity #453385
Start Time: 8:00am
Cost: $5
Advanced Registration Required

Hoag Screenings in September

Blood Pressure – Wednesday, Sep 7th
9:00am -11:00am
Walk-ins Only. No appointment needed.

Hearing – Wednesday, Sep 14th
9:30am - 11:30am
Appointment Required
Call 714-536-5600

Memory - Wednesday, Sep 21st
Memory Screenings are $45 and appointments can be made by calling 949-764-6288

VOLUNTEER NEWS

Reminder Monday Volunteers:
The Senior Center is closed
Monday, September 5th
for
Labor Day

HBCOA OUTLOOK Mailing Needs Your Help!

Thursday, September 22nd
8:00am-10:30am

Coffee and doughnuts provided, be sure to join us!

SATURDAY, SEPT 17th
SENIOR CENTER IN CENTRAL PARK

ACTIVE LIVING EXPO
NEW WAYS TO EXPLORE AGING

If you would like to volunteer, please reach out to Caryn Kawamoto, 714-374-1544 or caryn.kawamoto@surfcity-hb.org

Current Volunteers Opportunities

Volunteers Needed!

- Home Delivered Meals
- Transportation Drivers
- Concierge Desk
- Recreation Desk
- Senior Café: Receptionist & Server
- Travel & Resource Room

Upcoming Events

- HBCOA Board Member
- **9/17/22**— Active Living Expo
- **10/15/22**—Outdoor Concert: The Silverados
- **11/5/22**—Rise and Walk Event

Senior Café Open:

Mondays, Wednesdays and Fridays
Starting Wednesday, September 7th
11:30am-12:30pm

Join us for lunch on Monday, Wednesday, and Friday in the Senior Café. No reservations necessary. Lunch will be served as first come, first served. Check out the September menu on Pg. 18.

Interested in volunteering as a Server or Receptionist in the Senior Café? Contact the Volunteer Coordinator at Caryn.kawamoto@surfcity-hb.org or 714-374-1544.

Volunteer Fun

I volunteer at a local chocolate shop. They didn't need any help, but I wouldn't take 'no' for an answer!

Contact the Volunteer Team

Caryn Kawamoto, 714-374-1544
caryn.kawamoto@surfcity-hb.org

Kathy Pace, 714-374-1520
Kathy.Pace@surfcity-hb.org

SOCIAL SERVICES

Facilitating independent living and developing a plan for facing late-life transitions. *Services made possible in part by Orange Coast Medical Center & HBCOA*

Thank You Partners, Collaborators, and Donors!

SCCP Social Services rely heavily on support from & collaborations with community agencies. For example, HDM staff works with volunteers & Meals on Wheels OC to provide meals to over 125 seniors each month. Care Management receives generous grants & donations from HBCOA, Assistance League HB, Memorial Care, and CDBG. Partnerships with local non-profits, faith & community programs provide support groups, legal & insurance consultation, and home improvement. Creating these relationships & directing generosity to under supported older adults is an important part of what we do. Together, we are proud to provide a variety of services helping older adults to optimally age within the community.

Social Services

Social Services programs such as Care Management and Home Delivered Meals at the Senior Center in Central Park are focused on providing support specifically to older adults in HB who are at-risk and have unmet needs in the areas of nutrition, home safety, mobility, transportation, and socialization. Information and referral is also provided to residents who are in need of connection to resources related to aging. Services are available by phone or in person, call for an appointment to learn more 714-374-1717.

Grief Support Workshop

Grief is a natural reaction following the death of someone we love but can be a difficult journey. If you've experienced a loss within the past 12 months, join this 6-week, Monday evening workshop to discuss important topics such as: common myths, the grief process, and positive coping strategies. Peter Briese, NCC and experienced grief counselor, leads the workshop at the Senior Center in Central Park starting in early October. Call Peter for details & to register at 949.258.3724.

Support Groups at SCCP

Support groups are lead by professionals or trained paraprofessionals & peers to create a safe space to openly share feelings, explore healthy coping strategies, & connect with resources related to some of life's challenges. Below groups are offered free of charge at the Senior Center through community collaborations.

Dementia Caregivers/ Care Partner Support - Contact Ellie 714-642-9458 for information.
Mental Health Friends & Family Support- Contact Lynne at 714-299-1405 for more information.
Bereavement / Grief Support- Contact Thana Wong at 714-378-7146 for more information.

Professional & Paraprofessional Volunteer Services Available

Available to HB residents who are 60 years or older. By appointment only, call 714-374-1572.

Nutrition Counseling: individualized assessment and plan by a clinical nutritionist
HICAP: free, unbiased Medicare Counseling by a non-profit organization
Legal Consults: offered by Elder Law & Disability Rights Center or Community Legal Aid So Cal
Tech Coach: can help answer questions and troubleshoot smart phone, laptop or tablet
Notary: can notarize up to 2 documents per appointment

TRANSPORTATION

Surf City Seniors on the Go!

Transportation Services (714) 374-1742

Senior Services provides services each weekday, from 8:30a.m. to 4:30p.m. to HB residents 60+ for all their transportation needs within Huntington Beach and to the Social Security office in Fountain Valley. The *Surf City Seniors on the Go!* shuttle brings older adults to the Senior Center for the MOWOC lunch program, classes, and activities. Medical transportation is also available to Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital, and to Orange Coast Memorial Medical Center. Vehicles are wheelchair accessible.

A Volunteer Escort is available to provide extra assistance on shopping group trips. For more information ask the dispatchers.

Transportation appointments fill quickly. Please give as much notice as possible. Five days' notice is required to guarantee a ride. *Same day service is offered on a space available basis*. 24 hour notice is requested for cancellations.

Call between the hours of 9a.m. and 3:00p.m. to schedule your ride. New clients are registered by phone. Although there is no charge to seniors for transportation, donations are appreciated.

Transportation services are made possible through a grant from Hoag Hospital.

Servicios de Transporte (714) 374-1742

Servicios Para personas mayores provee transportacion cada dia de la semana, de las 8:30 de la maňana hasta las 4:30 de la tarde, para residentes de la ciudad de Huntington Beach que tienen 60 o mas aňos. Nuestro departamento cubre toda la transportacion entre los limites de la ciudad de Huntington Beach, ademas, van a la oficina de Seguridad Social en la cuidad de Fountain Valley. El servicio de transporte *Surf City Seniors on the Go!* trae adultos mayores a Senior Center para el programa de almuerzo SeniorServ, clases y actividades. Transportacion medical tambien esta disponible para Hoag Memorial Hospital Presbyterian, Fountain Valley Regional Hospital y Orange Coast Memorial Medical Center. Los vehiculos son accesible para personas con sillas de rueda.

Un acompaňante voluntario esta disponible para dar asistencia adicional con sitas y mandados. Cuando reserva su sitio, digale a la administracion que Usted necesita un acompaňante**.**

Sitas para transportacion se llenan rapidamente. Favor de darnos aviso para poder reservar su transporte. Se necesita 5 dias de aviso para garantizar transportacion. Servicio para el mismo dia es ofrecido cuando hay espacio. Se pide aviso de 24 horas para cancelaciones.

Llame entre las 9:00 de la maňana y las 3:00 de la tarde para reservar su transportacion. Clientes nuevos pueden registrarse por telefono. No hay costo para ancianos para transportacion, pero se aprecia donaciones para soportar este programa.*Servicios de transportacion son possibles con la ayuda de una donacion de Hoag Hospital .*

The Many Options of Transportation

Surf City Seniors On the Go is not only for medical appointments or grocery shopping trips. They are also your go to provider for all your daily transportation needs about town. You can go out to dine, visit the shops around town, schedule a day out, or enjoy a visit with friends. Use transportation to drop by one of the many city recreation centers, libraries, or points of interest. Come to the Senior Center for lunch each week or ride with the shuttle to the movies twice a month. Whatever the transportation request, odds are that Surf City Seniors On The Go can book your ride. Give them a call at 714-374-1742.

SAVE THE DATE

The HBCOA and the Senior Center in Central Park will be hosting the Active Living Expo at the Senior Center on Saturday, September 17th from 10am-1pm. There will be entertainment, food trucks, info booths, services, an open house, and community resources. Make sure to stop by and find ways to age well and age your way. Free to attend.

ACTIVE LIVING EXPO
NEW WAYS TO EXPLORE AGING

Holiday Closure Notice

Transportation will be closed on ***Monday, September 5th in observance of Labor Day***. There will be no rides, reservations or reminder calls made that day.

After-Hours Transportation

For transportation needs outside the regular hours of *Seniors On the Go,* consider using the OCTA Access bus program. For an application or questions about the program, contact OCTA at 714-560-5956 or www.octa.net

Above & Beyond
REFERRAL SERVICES, INC.
949.791.9227

Cathy Gaertner
Placement Specialist

Assisted Living, Dementia,
Alzheimer's & Residential Care Homes
Plus Many Other Senior Referrals
cathy@aboveandbeyondrs.com www.aboveandbeyondrs.com

HomeWorks INC.
PHYSICAL THERAPY
WWW.HOMEWORKSPT.COM

PHYSICAL THERAPY IN YOUR HOME

OUTPATIENT PHYSICAL THERAPY IN THE COMFORT OF YOUR HOME
MEDICARE ACCEPTED
(714) 580 - 2868
The individuals pictured above are models and are not actual therapist and patient.

Huntington Beach Symphony Orchestra
Grant Sevdayan - Music Director

SUNDAY, SEPTEMBER 18, 2022 @ 3:30pm
ACADEMY FOR PERFORMING ARTS THEATER
1905 Main St, Huntington Beach, CA 92648

Selections
"Faust" - Ch. Gounod
"Carmen" - G. Bizet
Claude Debussy
Prelude a l'apres-midi d'un Faune

THE FRENCH CONNECTION
DANCE ACADEMY OF SOCAL

TICKETS
Adult: $25 ($30 at the door)
Senior/Student: $22 ($25 at the door)
Online Promo: 4 tickets for $75

HBSymphony.org
info@hbsymphony.org

Shoreline Senior Solutions

Orange County's Top Rated Senior Living Specialist

Proudly providing refferals to reputable:

Independent Senior Living
Luxury Assisted Living
Memory Care
Board & Care
Home Care
Hospice
Skilled Nursing
Geriatric Specialist
Nuerologist

Understand senior living **Know when the time is right** **Improve your quality of life**

SHORELINE Senior Solution

Complimentary Refferal Hotline: (949) 500 - 9540
www.ShorelineSeniorSolutions.com

Get local help with your Medicare questions.

I'm a licensed sales agent, specializing in Medicare.
Take advantage of my knowledge and experience to:

- Take the confusion out of Medicare
- Receive one-on-one services
- Get help reviewing plans
- Make enrolling in a plan easier

All at no cost to you!

I look forward to helping you start exploring your Medicare plan options, so you can enroll in a plan with confidence.

Sandra Teel
Cell: (909) 856-9379
Office: (657) 204-4224
steelmedagent@gmail.com
Lic. #4031244
By calling the number above, you will be directed to licensed insurance agent.

EVERGREEN

HELPING SENIORS THRIVE

Symbolic of Senior Services and ageing, the HBCOA Evergreen annual donor program honors individuals, corporations, and legacy donors with a special leaf on the **Tree of Life.**

Annual donations allow for new and inventive programming provided at the Center. In addition to Social Services, including Care Management, Home Delivered Meals, and Transportation, these funds are used to offset the costs of activities including dances, concerts, travel, and recreational classes that are also sponsored by the HBCOA.

For more information about the program, or to make a charitable gift, please contact

Randy Pesqueira, Senior Services Executive Director
rpesqueira@surfcity-hb.org
or by telephone at 714 536-5543.

As always, age well and thrive.

Brand New Suites Now Available

Our award-winning community features extraordinary cuisine, dynamic activities, dedicated staff, and more!

Assisted Living · Memory Care

VIVANTE
Assisted Living | Memory Care

Schedule a tour today 949.336.1876

1640 & 1650 Monrovia Ave Costa Mesa, CA 92627

www.vivanteliving.com

FAVORITE Times OC 2020

Vivante on the Coast is licensed as a Residential Care Facility for the Elderly by the Community Care Licensing Division of the California Department of Social Services (License No. 306004582). Vivante® is a registered servicemark of Nexus Development Corporation/Central Division. Equal Housing Opportunity.

RMF

Live life more
comfortably and confidently.

If you are a homeowner age 60+, learn how to access your home equity to assist with general expenses, make home improvements, or establish a rainy-day fund.

Call me today to learn more.

JOSEPH AGIUS
HECM Loan Specialist
NMLS #112040
949.877.9291
jagius@reversefunding.com
reversefunding.com/joseph-agius

231 Family Tree, Irvine, CA 92618
Branch NMLS #1933776

Barbara DELGLEIZE

Real Estate Sales &
Property Management Services

SENIOR REAL ESTATE

A VALUABLE SOURCE FOR SENIOR NEEDS

- Free Consultations
- Services to Help You Find the Right Space for Your Needs
- Specializing in Trust Sales
- Provides National Referral Network to Relocate
- Locally Serving Seniors for Almost 40 Years
- Creating Solutions for YOU!!!

Barbara DELGLEIZE
714-421-0103
Barbara@BarbaraSellsTheBeach.com
www.BarbaraSellsTheBeach.com
Broker Associate • DRE #00586458

RE/MAX SelectOne

Open Every Wednesday!

HUNTINGTON BEACH ELKS

BINGO

WEDNESDAY MATINEE

Doors Open at 9:00 AM. - $15.00 Minimum Buy-In

23 TOTAL GAMES

ALL GAMES PAY $250.00
PULL TABS

COLOR MONITORS
COMPUTERIZED VERIFICATION

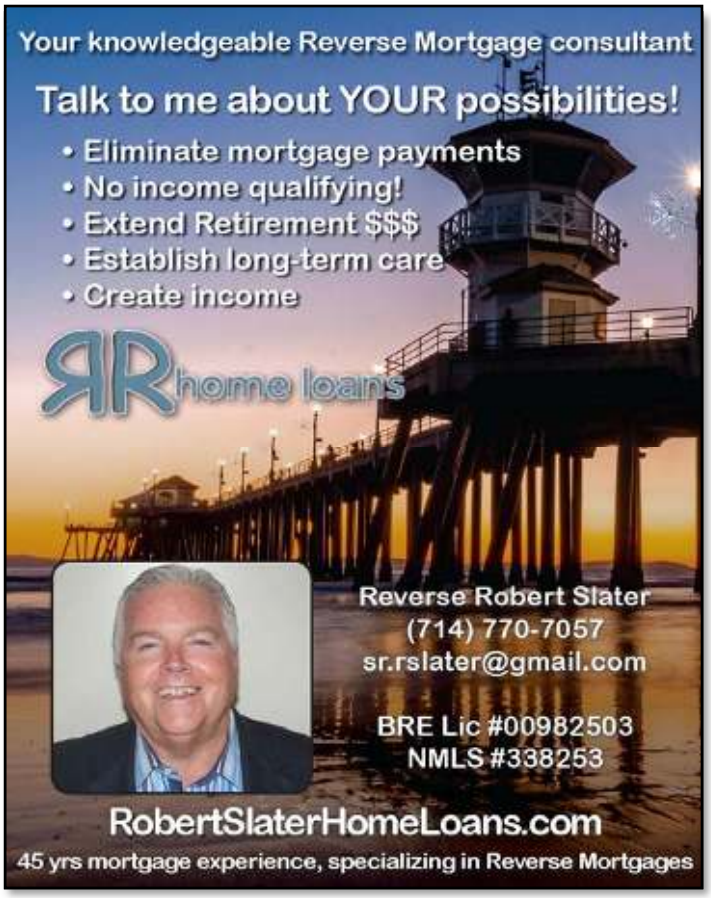
CASH BALL

STRIP GAMES - $500 - $500 - $500 - $300 - $300
PLUS 2 TAB GAMES OF AT LEAST $1199.

EARLY BIRD – 10:30 AM. — 6 ON – 4 UP (Plus 1 Strip)
REGULAR – 11:00 AM. — 6 ON – 15 UP (Plus 2 Strips, 2 tabs)
LATE BIRD – Following Regular Games — 6 ON – 4 UP (Plus 1 Strip)

FOOD AND SOFT DRINKS AVAILABLE FOR PURCHASE
FREE COFFEE – TEA – POPCORN

HUNTINGTON BEACH ELKS LODGE
7711 TALBERT AVENUE (2 BLOCKS WEST OF BEACH BLVD.)
HUNTINGTON BEACH.
(714) 848-9440



Quite possibly the best place to find besties

Find Your Pals at Merrill Gardens Senior Living

A movie-watching bestie next door. A book-club bestie down the hall. And an exercise bestie upstairs. Please call or visit our website for more information. Just imagine the possibilities.

MERRILL GARDENS
SENIOR LIVING

Call To Schedule A Tour!

(714) 243-8229
merrillgardenshuntingtonbeach.com
17200 Goldenwest St, Huntington Beach, CA 92647
Lic #306005275

Adult Protective Services (APS)
800-451-5155 addresses *abuse and neglect of elder and disabled adults* www.ssa.ocgov.com

AlertOC
714-536-5978 *a mass notification system designed to keep Orange County informed of emergencies* www.alertoc.org

Alzheimer's Family Center
714-593-9630 *Alzheimer's and dementia care and support* www.afscenter.org

Aging and Disability Resource Center
800-510-2020 *Referrals for older persons, persons with disabilities & caregivers* www.adrcoc.org

California Senior Medicare Patrol
855-613-7080 *Helps beneficiaries avoid, detect, and report healthcare fraud* www.cahealthadvocates.org

Caregiver Resource Center
800-543-8312 *Caregiver support, respite care, and education* www.caregiveroc.org

Connect America
1-800-949-2434 *Personal response systems; discount for HB residents* www.connectamericawest.com

HICAP
714-560-0424 *Health Insurance Counseling & Advocacy for those with medicare www.coasc.org*

Info Link
2-1-1 or 1-888-600-4357 *24-hour referrals to countywide health and human services for all ages www.211oc.org*

OCTA Access
714-560-5956 *Transportation throughout Orange County for persons unable to take the fixed bus system* www.octa.net

Project SHIP Senior Home Inspection Program
714-536-5411 *For adults 60+, free home safety checks, smoke detectors and replacement of old batteries*

Social Security Administration
800-772-1213 17075 Newhope STE B, Fountain Valley, CA 92708 www.ssa.gov

Surf City Mobility
714-841-6360 *Discounted medical & mobility equipment, repairs & service*

Senior Cafe September Menu

Age 60 plus suggested donation of $3
Under age 60 there is required $5 fee to participate.

First come first served, drop-in's now available for the senior café lunch room

Wednesday, September 7:
Sub sandwich roast beef, sliced turkey, 1 slice Swiss cheese, sliced tomato and shredded lettuce, beets & orange salad, ww French roll 4", mayo, mustard, orange juice, SF apple crisp

Friday, September 9:
Turkey Shepherd's pie, broccoli, carrots, ww dinner roll w/ promise, tropical fruit mix

Monday, September 12:
Chicken Breast, apricot sauce, mashed potatoes, mixed vegetable blend, sf cake, fresh orange

Wednesday, September 14:
Spinach & mushroom quiche, roasted red potatoes, Scandinavian vegetable blend, blueberry muffin, SF Apple slices, orange pineapple juice

Friday, September 16:
Moroccan Lentil Soup w/ SF crackers, Mediterranean chickpea salad, tuna salad w/ yogurt dressing, ww dinner roll w promise, ambrosia

Monday, September 19:
Vietnamese lemongrass pork tenderloin, lemongrass sauce, brown rice, oriental vegetable blend, pineapple chunks

Wednesday, September 21:
Chicken breast w. Florentine sauce, bowtie pasta, peas & carrots, ww dinner roll w/ promise, ambrosia

Friday, September 23:
Chicken meatballs w/ mushroom sauce, mashed potatoes, winter vegetable blend, sf custard

Monday, September 26:
Chicken strips w/ honey mustard sauce, wild rice, broccoli, fresh banana

Wednesday September 28
Open Faced LS turkey sandwich w/ turkey gravy on ww Bread, mashed potatoes, Scandinavian veg blend, cranberry sauce, mandarin orange

Friday, September 30:
Macaroni & cheese, stewed tomatoes, succotash, breadsticks, promise, ambrosia

MONDAY

8:30 Better life Boxing D*$
9/12, 9/19, 9/26
8:30 Table Tennis G
9/12, 9/19, 9/26
9:00 Hula Basics 1 P*$
9/12, 9/19, 9/26
9:30 Ukulele 1*$
9/12, 9/19, 9/26
10:00 How To Stay Safe Online L*$
9/12, 9/19
10:00 Chair Yoga D*$
9/19, 9/26
10:30 Hula Basics 2 P*$
9/12, 9/19, 9/26
10:30 Aging In Place L*$
9/26
10:45 Guava Groove Ukulele Inter 1*$
9/12, 9/19, 9/26
11:00 MOW Dine-in Lunch P*
9/12, 9/19, 9/26
11:30 Balance & Stability D*$
9/12, 9/12, 9/26
12:30 HB Party Bridge G
9/12, 9/19, 9/26
12:30 Chess G
9/12, /19, 9/26
12:30 Cellphone Data Plans & 5G L*$
9/26
1:00 Amazon Prime Explained L*$
9/12
1:00 Cut The Cable 2*$
9/12
2:00 Line Dance Lvl 1 P*$
9/12, 9/19, 9/26
2:00 Beginning Bridge 1*$
9/12, 9/19, 9/26
2:00 Digital Photo Organization L*$
9/19, 9/26
5:00 Cha Cha & Merengue D*$
9/12, 9/19, 9/26
7:00 Big Band P
9/26

TUESDAY

8:00 Pilates Mat D*$
9/13, 9/20, 9/27
8:15 Ar. Cardiofit P*$
9/13, 9/20, 9/27
8:30 Wards Duplicate Bridge G
9/6, 9/13, 9/20, 9/27
9:00 Pilates Chair D*$
9/13, 9/20, 9/27
9:30 Flex & Stretch P*$
9/13, 9/20, 9/27
10:00 Basic Art Techniques 1*$
9/13, 9/20, 9/27
10:30 Yoga D*$
9/13, 9/20, 9/27
12:00 Movie P
9/6, 9/20
12:30 Scrabble G
9/6, 9/13, 9/20, 9/27
12:30 Drum Yourself Happy P
9/13
1:00 Let's Write Poetry 1*$
9/20, 9/27
1:30 Shanti Class 1*
9/6, 9/13, 9/20, 9/27
2:00 Intro To Geneology L*$
9/20, 9/27
3:00 Yoga—Senior Center O*$
9/20, 9/27
3:00 Bridge Intermediate 1*$
9/13, 9/20, 9/27
3:00 Line Dance Easy New Beg P*$
9/13, /20, 9/27
4:30 Line Dance Easy New Beg P*$
9/13, 9/20, 9/27
5:30 Family Martial Arts D*$
9/13, 9/20, 9/27
6:30 Sr. Martial Arts D*$
9/13, 9/20, 9/27

WEDNESDAY

8:30 Wednesday , Walkers O
9/7, 9/14, 9/21, 9/28
8:30 Chess G
9/7, 9/14, 9/21, 9/28
9:00 HB Fish & Rec Club 1
9/7, 9/21
9:00 Zumba Gold Fitness D*$
9/14, 9/21, 9/28
10:00 Young At Heart Singers P
9/7, 9/14, 9/21, 9/28
11:00 MOW Dine-in Lunch P*
9/7, 9/14, 9/21, 9/28
12:30 Mah Jong G
9/7, 9/14, 9/21, 9/28
12:30 Backgammon G
9/7, 9/14, 9/21, 9/28
1:00 Its Your Money 1*
9/14, 9/21, 9/28
1:00 Easy Watercolor for Beg 2*$
9/14, 9/21, 9/28
3:00 Trad. Hawaiian App. 2*$
9/14, 9/21/ 9/28
5:30 Gentle Yoga D*$
9/14, 9/21, 9/28
5:30 Fire Med CPR G*$
9/14
6:30 Beg Bridge 2*$
9/14, 9/21, 9/28
7:00 Book Club 1
9/14
7:00 Line Dance Lvl 1 D*$
9/14, 9/21, 9/28

THURSDAY

8:00 Outlook Assembly 1
9/29
8:30 Table Tennis G
9/1, 9/8, 9/15, 9/22, 9/29
8:30 Tai Chi P*$
9/15, 9/22, 9/29
9:00 HBCOA Gen Mtg 1
9/1
10:00 Yoga D*$
9/22, 9/29
10:45 Flex & Stretch P*$
9/1, 9/15, 9/22, 9/29
12:30 Gin/ Cribbage G
9/1, 9/8 , 9/15 , 9/22, 9/29
1:30 Line Dance Lvl 2 P*$
9/15, 9/22, 9/29
2:00 Tech Club 1
9/8
3:00 Line Dance Lvl 1 P*$
9/15, 9/22, 9/29
3:00 Mem Care Lecture 1*$
9/15
5:00 Basic Photography 2*$
9/29
6:00 Woodcarvers 1
9/1, 9/8, 9/15, 9/22, 9/29
7:00 Egyptian Belly Dancing D*$
9/1, 9/15, 9/22, 9/29

FRIDAY

8:15 Senior Cardiofit P*$
9/2, 9/23, 9/30
8:30 Mex-Train Dominos G
9/2, 9/9, 9/16, 9/23, 9/30
9:00 TOPS 1
9/2, 9/9, 9/16, 9/23, 9/30
9:00 Zumba Gold & Toning D*$
9/2, 9/16, 9/23, 9/30
9:30 Circuit Training P*$
9/2, 9/23, 9/30
10:00 Yoga D*$
9/23, 9/30
10:30 Handicrafters 1
9/2, 9/9, 9/16, 9/23, 9/30
11:00 Senior Exercise P*$
9/16, 9/23, 9/30
12:30 Practice Bridge G
9/2, 9/9, 9/16, 9/23, 9/30
1:30 Line Dance Lvl 2-3 P*$
9/9, /16, 9/23, 9/30
2:00 Common Scams 1
9/16
3:00 Line Dance Level 2 P*$
9/9, 9/16, 9/23, 9/30

SATURDAY

9:30 Fire Med CPR G*$
9/24
10:00 Family Martial Arts D*$
9/3, 9/10, 9/24
10:00 Self Defense Workshop P

11:00 Sr. Martial Arts P*$
9/3, 9/10, 9/24

INDEX KEY

L	**Computer Room**
D	**Dance Room**
1	**Edinger Medical Group 1**
2	**Edinger Medical Group 2**
G	**Game Room 1,2,3**
X	**Group Exercise Room**
H	**Hoag Office**
P	**Parkview Room (N & S)**
S	**Services Office**
O	**Patio**
$	**Participation fee**
*****	**Registration**

City of Huntington Beach
Huntington Beach Council on Aging
18041 Goldenwest St.
Huntington Beach, CA 92648

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
HUNTINGTON BEACH, CA
PERMIT NO. 444

Evergreen Donors

Ralph & Charlene Bauer, Debbie Briscoe, Mona Coats, Lindsay DuFresne, Mike & Sloan Gallipeo, John Genovese, Ellen HopeKearns & Richard Kearns, Richard Litsinger & Leslie Shaffer, Susan MacLeod, Stanley & Pauline Lau, Marvin Mensik, Olga Meyer in Memorial, Sharon O'Connor, Sheila Prolman, Kurt Ruhland & Teri Simonis, Cheri Simmons, Joan Marie & Richard Schmidt, Walter & Beverly Schulte, Bill & Barbara Thacker, Rick & Lari Thomas, Patti Wiebe, Assistance League of HB Dreamcatchers Auxiliary, VC 37 WWII Naval Air Squad, HandyCrafters, Hoag Memorial Hospital Presbyterian, Orange Coast Memorial Medical Center

2022 GOLD DONORS : Sarah Atkinson & Frank Brown, David DeWenter, Anne Doke, Dixie Fisher & Hayley William, Patricia Laudisio, Don MacAllister, Leslie Michihira, George Oncea, Ron & Judy Shenkman

2022 SILVER DONORS : Joanne Bumm, Susan Caron, Mary Deguelle, Beverly Fleming, Pat & Sandee Freemon, Barbara Gossett, Gretel Hines, Dr. Nancy Kryder, Carol Koelle, Gail McIntosh, Francine Mullee, K & M Nishida, Rosemary Novotny, Patricia Quatman, Phil & Judi Smith, Diane Swarts, Karen & Jim Thoms, Michelle Yerke, K Yglesias

2022 BRONZE DONORS : Deborah Andrews, Tom & Mary Andrusky, Jessie Arjona, Diane Baher, Sandie Barilla, Larry Barker, Jim Bennett, Nancy Betz-Cosenza, Connie & Edward Bonk, Katie Brandenburger, Betty Bruce, Victor Burke, Philip & Carole Burtis, Ray Calloway, Wanda Case Hopkins, Mary Castillo Mather, Jacquelyn Clark, Laura & Kenneth Cole, William & Rita Collins, Marian Colvin, Luanne Cook, Connie Courtney, Kent & Marcela Curtiss, Carl & Joyce Dieda, Casey Elford, James Ferguson, Karen Finkel, Dedra Finninger, George & Carolee Focht, Betty Foreman, HB Fire Outreach Foundation, HB Fish & Rec Club, Robert & Yasuko Fordiani, Tom Freker, J. Garner, Sally Geiger, Arthur & Felicia Gillett, Cynthia Goebel, Paul Gorman, Linda Hahn, Tom & Mary Hamman, James Haran, Jennie Hashimoto, Julia Heng, Gretel Hines, Eleanor Hung, Ron Jagner, Ken & Janet Johnson, Jacquelyn Jones, Mary Julienne, Jim & Stephany Kallal, JoAnne Kessell, Jim Kettler, Debbie Killey, Greg Kimura, Dawn Kryder, Carol Langston, Betty Lapham, Jacqueline LeMoyne, Susie Lipman, Paula Litten, James, Loveridge, Danny & Tricia Lu, Maryon & Morgan Macae, Dan & Sharon Makaena, Jim & Sheila Meehan, JD & Teri Miles, Kathy Miller, Susumu & Thelma Miyashiro, Alice Moore, Jennifer & Jim Mullins, Paul & Jackie Neil, Engin & Honorata Oktay, Harriet Ouellette, Carolyn Palicte, Thomas Papademetriou, Janis Patten, Cecil Paul & Grace Mayeda, Edward Pinchiff, Matt & Arline Pohlman, Jim & Jennifer Robins, Bob & Jeanne Robey, Judi & Roger Rohrdanz, Carolyn Ross, William & Claire Ross, Jonette Savold, Dr.'s Richard & Janed Sax, Brian & Rose Saylin, Valerie Schmidt, Robert Slater, Cherle Smith, Mary Smith, Stefan & Marna Steinberg, Alice Stephenson, Kathy Stull, Michael Sweet, Donna Lee Taylor, Fred & Adria Thomke, Priscilla Torres, Corinna Tutor, Howard & JoAnn Umehira, Lisa Van Dine, Anne Van Genderen, Carole Viviano, Elaine Watada, Lisa Welcher, Sam & Norma White, Beatrice Wiest, Joy Williams, Pat Wolff, Cecil Wright, Barbara Young, Stan & Linda Zone