



April 2018 Newsletter

President's
Message: Judy Hubbard



Now that Showtime is over and spring is here I hope everyone is doing well. It is time to slow down a bit, smell the flowers and enjoy your loved ones.

Notes from the Nurses and Social Worker

April brings spring flowers and lots of activities around the Senior Center. We are working with our USF BSN nursing students in lots of creative ways. While we continue to work with clients 1:1 for health education and social service needs, we have also been very busy scheduling great events. Here are highlights we have scheduled for April. Come participate! Take care, Mallory, Saraswathi, Wendy, and Larisa

This Presentation Won't Be a Snore! Thursday, April 19th, 12:30pm – 1:30pm, Room 232 Breathe California of the Bay Area returns for another free, informative, and interesting talk, this time on sleep apnea. Roughly 90% of people experiencing obstructive sleep apnea are not diagnosed and effectively treated, because they are unaware of how dangerous the symptoms are. If your bed partner is keeping you awake or you find yourself nodding off any time you sit down for a minute, come learn how to tell if sleep apnea is the problem and what to do about it. Literally, this could save your life.

Tech Training on Your Device, Thursday, April 26, 9:00 am - 12:00 pm. Need a little help with that gadget, or just curious to learn more about what your tech device can do? Technology can be a great tool in helping stay healthy and connecting with others, including your healthcare team. Bring your own Smartphone or tablet for some basic 1:1 help. This Tech Training Session is **free**, and is facilitated by USF Nursing students. **Space is limited. Please sign up for an appointment at the Front Desk (408) 615-3170.**

FREE! Hearing Testing and California Phones - Thursday, May 3rd, 9:00 - 11:00 am. Take part in the **Free** hearing screening by licensed audiologist and San Jose State University Speech and Language Pathology interns. A California Phones outreach specialist from the California Telephone Access Program will also be available to provide information and assistance in obtaining specialized phones for those who qualify. **Space is limited! Book your appointment at the Front Desk (408)615-3170.**

Caregivers Connect: A group to share tips, ideas, and resources meeting the first Thursday of each month, 10:30am – 12pm, beginning in April. There's no instruction manual for being a caregiver and learning everything by trial and error is frustrating, difficult, and isolating. Join other people who actually get what you're going through for some encouragement and ideas to make caring for family a little easier. Call Saraswathi Ram Mohan (Social Worker) at [408-615-3176](tel:408-615-3176) to sign up, email her at srmohan@santaclaraca.gov.



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How Did We Do With Showtime?

Thank you to everyone who made Showtime the success that it was!! Through the hard work of our members, and the support of donors, sponsors, attendees, and families and friends, we were able to raise funds to support the Senior Center Health and Wellness Program. Our goal was \$17,600. We raised \$19, 591. \$10,063 of that was from the Showtime weekend sales. After expenses, we cleared about \$13,500 (there is one outstanding expense for which we have not been billed). That's \$1,000 more than last year.

We truly appreciate all that you did!

Dorothy Carlson, Treasurer



UNAPPROVED MINUTES OF THE GENERAL MEETING

Santa Clara Senior Center Room 232. Santa Clara, CA

Tuesday March 13, 2018 at 1:00PM

XX Members Present

1. Call to Order
2. The meeting was called to order by President Judy Hubbard at 1:05 PM.
3. Approval of the Agenda
4. Approval of Meeting Minutes
On a motion by Emily Adorable, and a second by Alma Guillot, the assembly approved the minutes for the general meeting of February, 13th, 2018 as corrected.
5. Correspondence/Communications
Bonnie Lander donated \$100 from her \$300 Showtime cash prize.
6. Board Members Reports
Treasurer Dorothy Carslon presented February 2018 financials. On a motion by Emily Adorable, and a second by Irene Taylor, the assembly approved February 2018 financials.
7. Committees Reports
Webmaster- AK has created a SCWL facebook page.
8. New Business
 - 2018-2019 Nominating Committee is represented by Emily Adorable, Alma Guillot, and Judy Hubbard with Marlene as the parliamentarian.
 - Culinary Programs Linda Zazarra mentioned that Levy Restaurants company, new food and beverage services vendor for Levi's Stadium, is looking to partner with local non-profits organizations. Linda will keep SCWL informed on this program.
9. Good to the Order
Next Breakfast Club will be Monday March 13, 2018 at Mission City Grill at 9:00AM.
10. Adjournment
Meeting was adjourned at 1:45PM.

Prepared by Maria Landaveri, Recording Secretary

Speaker Corner

Joe Sweeney, President of the Santa Clara Rotary Club, will be our speaker on our April general meeting.

The Rotary Club of Santa Clara, established in 1936, is dedicated to serving the local and world community. Composed of business and community leaders, the club designs its many projects to represent the Rotary motto of Service Above Self.

Santa Clara Rotary supports the community with many projects: Steps for Success, Christmas for Kids, college scholarships, Enterprise Leadership Conference, Interact and Rotaract clubs, speech contests, and special grants awarded to local organizations. In addition to making major financial contributions to the welfare of the city of Santa Clara, Rotarians have strongly supported many international projects such as the Rotary goal of global polio eradication.

