



## President's Message: Georgia Sutter

Here is some food for thought..... What if all of the sudden you came into an inheritance of a million dollars, what would you do with it? I'm sure we can all think of practical things like paying off bills etc. But what about using some of that money to help others? Think about it for a minute. Now, think about what you can do without that windfall. The one thing that comes to my mind is "Volunteering"! And ladies, that is what we're all about.

Here are some areas that we can help with right now.

- Our Nominating Committee members (Marti Ragone, Nancy Velasco and Diane Jones) are busy recruiting candidates for the open Board positions of President and 1<sup>st</sup> Vice President. How about signing up for one of those positions?
- Also coming up is the Health and Wellness Fair on May 20<sup>th</sup> from 10:00AM to 1:00PM. SCWL will have a table again this year and we'll have a bowl full of tangerines to entice visitors, some of our wonderful photo albums to share, a drawing for a free one-year membership and our new tri-fold brochure to hand out. We'll need 4-5 ladies to rotate sitting at our table to answer questions and pass out the brochure, and of course when not at the table, to roam around and "drum up business". Volunteers should arrive by about 9:00am to set up (AM shift?) and stay after closing (PM Shift?) to clean up.
- A new endeavor is the opportunity to help with the Kaiser pilot program - sewing pillows for family members of hospice patients. Because of the difficulty of sewing teddy bears the Kaiser Hospice organization has decided to just offer pillows to family members for now. We're getting organized and so far have willing drivers and two, maybe three sewers, but we still need a couple of additional sewers. More details and a run-down of where we're at will be covered in our May general meeting.

Speaking of the May meeting, come join us to hear all the recent news, vote for the new Board members and visit with one another before and after the meeting. See you there!

## Notes from the Nurses

Please plan on joining us and over 50 non-profits and organizations at our **6<sup>th</sup> Annual "Be Strong, Live Long" Health & Wellness Fair on Friday, May 20<sup>th</sup>, 10am – 1pm!** There will be lawn bowls and compost demonstrations, interactive games by Kaiser Mental Health and Santa Clara Valley Medical Center! Dental hygiene students will talk about healthy teeth and gums. Larisa will be taking blood pressures, checking oxygen saturation levels, and giving away free n95 masks (wildfire season is coming!) Speaking of giveaways, Fresh Approach will be talking about their nutrition classes and giving out free citrus and strawberries. I'm attaching a copy of our flyer – look at all the great organizations on the back who are so excited to see you! In addition to all the great booths, our health fair will also be a Silicon Valley Bicycle Coalition "Energizer Station" to celebrate "Bike to Anywhere Day." If you pledge to ride your bike on SVBC's webpage <https://bikesiliconvalley.org/events/btwd>, you can check in at our station to receive some bike swag! What a day!!!!

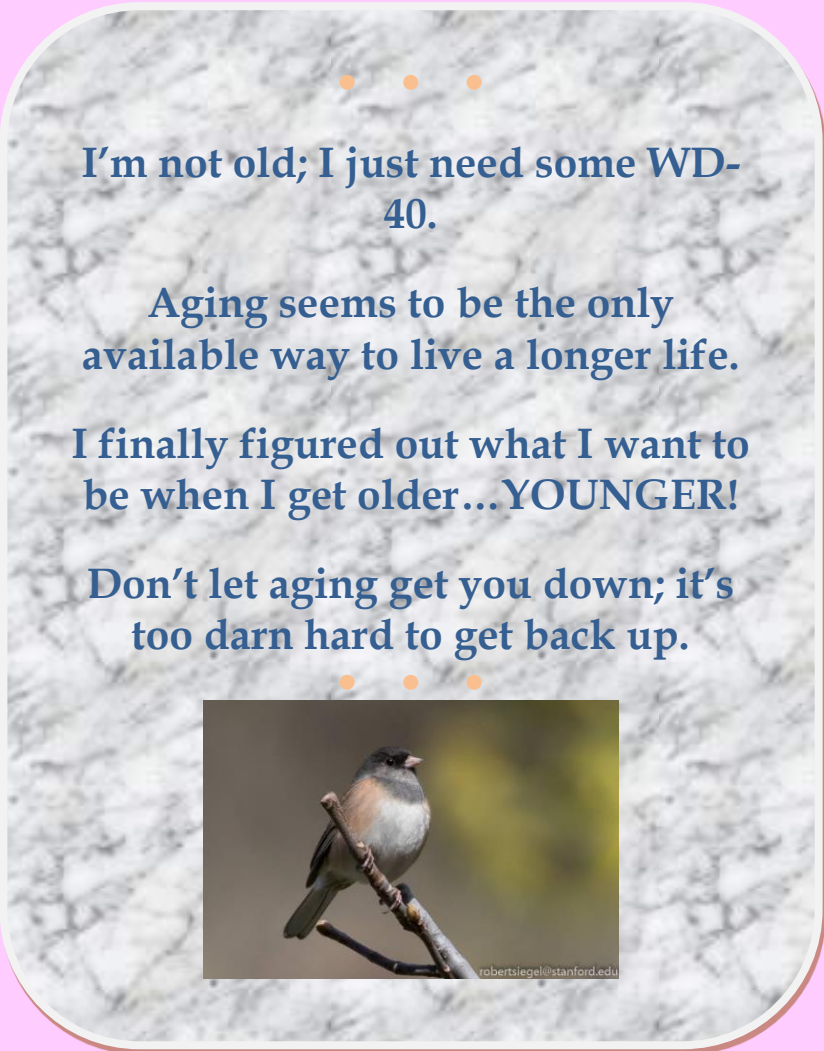


Another “can’t miss it” event is a presentation by Mallory and Phil Orr, “**Making the Best of the End.**” Phil is going to share his insider knowledge on everything to do with funerals and cemeteries, and what that all can cost. This presentation will be on **Friday, May 13, 10am – 11am in Room 232** at the Senior Center. Seating is limited to 25

people so we can optimize spacing. We promise to be entertaining and informative, and this information is extremely valuable for planning ahead. See the Senior Center newsletter for the registration link or call the front desk (408) 615-3170.

Last but not least, please take advantage of our free **Hearing Screening on Wednesday morning, May 4<sup>th</sup>**. San Jose State University Speech-Audiology students will be on site with their professor, a licensed audiologist. Get your hearing checked out and, if you are found to indeed have hearing loss, they will refer you on to your healthcare system for a more in-depth assessment. **California Phones** will be here as well, and you could go home with a free adaptive phone if the professor signs off on your application. Hearing screenings are by appointment only and there are still a few left – this free event always “sells” out, so call the front desk ASAP to reserve your spot.


Happy Older Americans Month! Please find a way to get out and celebrate “Aging My Way!” ~ Mallory and Larisa



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Speakers	Maria Lopes
Sunshine	Judy Hubbard
Yearbook	Kathy Del Pino
Webmaster	Emily Adorable



**I know what I have given you.  
I do not know what you  
received.**

—Antonio Porchia



