

The Hart Cornerstone

915 27th Street between I & J Streets Sacramento, CA 95816 916 808-5462

**October
2009**

**Free
Support
Services**

Call 808-5462

for
appointments
and
information:

- Brown Bag Pharmacy
- HICAP— Health Insurance Counseling Advocacy Program
- Legal Consultations
- Educational seminars

H1N1 Influenza

We will host Sacramento County Public Health Officer Glennah Trochet, M.D., on Saturday, October 10 at 10:30am. Dr. Trochet will discuss H1N1 Influenza, also called swine flu, and how you can prepare and protect yourself from this new virus. Please sign up in advance. Free.

When They Count Most

Do you know who you want to make medical decisions for you if you can't? Are you facing important decisions about medical care for yourself or a loved one? On Monday, October 19 at 1:30pm learn about communicating important decisions. Compassionate Care Alliance. Free.

“Save A Heart”

On Wednesdays, October 7, 14 and 21 at 10am, the American Heart Association will present a free 3-part series discussing causes and prevention of heart disease and strokes. Free recipes, activity demonstrations, and prizes will be given. Please sign up in advance.

Sleep and Senior Health

“We spend a third of our lives sleeping, so ensuring good quality sleep is important for our overall health.” –Dr. Steven Brass. A specialist in the diagnosis and treatment of a host of sleep problems, Dr. Brass, UC Davis Department of Neurology Co-medical Director, Sleep Division will explain reasons for which we sleep, age-related sleep changes, and problems. Tuesday, October 20 from 1:30 to 2:30pm. Please sign up in advance.

Back to School

Want to learn more about computers and how you can use them? We can help! Please join us Friday, October 9 at 10:30am for Orientation and Registration. We will be offering basic classes in XP and Vista, as well as more advanced classes, in Internet, Power Point and Word 2002. Eight-week classes only \$40 begin the week of October 19. www.hartcomputerclass.org



Hart Advisory Committee

The center has experienced several changes in the past few years, both large and small. We anticipate having to make even more changes, in relation to the economy as it affects older adults in Sacramento. Changes in our programming and services require careful consideration and input from volunteers who serve on our H.A.C. who meet at 2pm on the third Thursday, every other month. The H.A.C. could benefit from your leadership skills. Pick up an application today!

October 10th Breakfast

Come and enjoy pancakes, bacon, fruit, and refreshments with family and friends. Our last breakfast of the year will be at 9:30am. Please purchase your tickets for just \$3, by Thursday, October 8.

There's an Art to Getting Older

Research shows that new brain cells keep developing throughout the lifespan when new skills are explored through artistic avenues. With this in mind, a new citywide program called "Creativity Matters" has been initiated and Ethel Hart Center will be one of the program sites.

"The Creative Aging Revue", an entertaining 45-minute performance that brings the new research about aging and the arts to life will be performed at the Hart Center on Friday, October 16 at 12:15pm. Audience members at this fun, interactive program will learn about the health benefits – both physical and mental – of engaging in creative activities such as visual arts, dance, literary arts and theater.

Following the performances, audience members will have the opportunity to enroll in free, professionally led classes and workshops that have been scheduled at locations throughout the city, including the Hart Center. The Hart Center workshops are as follows:

Indian Dance: Folk to Bollywood — Monday, October 26
3:30 to 5pm.

Dramatic Play: An Actor's Toolkit — Tuesday, October 20
9:30am to noon.

Hidden Yet Revealed: Maskmaking — Two Tuesdays, November 10 & 17, 9:30 to 11am.

Pre-registration is required at the reception desk.

Twelve additional free workshops at other locations will also be available to adults ages 50 and over from throughout the city. These workshops include: Hold Fast to Dreams: Poetry Writing Inspired by Langston Hughes; Physical Theatre: Acting without Words; Afro-Cuban Dance; Creative Vistas: Painting from Nature; and more.

Creativity Matters is offered through a partnership with Sacramento Metropolitan Arts and is funded by the E.M. Hart Trust Fund.

Brain Workout on Our Wii

Wii is not just for the kids, we have it here! Learn as you compete in a new generation of fun. Try your hand at golf, bowling, ping pong, billiards, fishing, and more! Free, come and see what wii are playing 2:30 to 4pm every Monday.

Coffee Klatch

Meet over coffee and cookies, and discuss current events, the newspaper, and talk about what's what! Discover hidden treasures in Sacramento like free art shows, discounts at museums or other venues, and shopping tips. Fridays 2:30pm. Free.

Grow Your Own Fresh Veggies

Join our community garden group on Fridays 10 to 11 am. Join Caitlyn for some fun in the sun! Gardening! Learn how to care for your favorite plants in our patio garden of raised barrels and pots. Free!

Do Your Feet and/or Hands Tingle?

If your feet and/or hands tingle, feel numb, like they are burning hot or freezing cold, have sharp stabbing pains or feel like you are wearing a sock or a glove when you aren't, you may have neuropathy. Come and learn about neuropathy on Wednesday, October 14 at 1:00pm. Bev Anderson, President of the Northern California Chapter of the Neuropathy Association will lead the meeting.

Difficult Dementia Behavior

On Friday, October 23 at 10am, Stephanie Wilson, Director of Triple R, will speak on "How to Deal with Difficult Dementia Behavior." You are welcome to attend the Caregivers meeting at 9am which will be held in the same room. Please call 808-8375 if you will be attending.

Till They All Come Home

Angels of Hart is sending Holiday Packs to service personnel. You can help us by donating Fly Swatters, Popcorn, AA/AAA batteries, Fruit Snacks, Raisins, Peanuts, Sunflower Kernels, Sweet 'N Salty Mix, Beef Jerky, Granola/Cereal Bars, Cookies, Ritz Bits®, Chex Mix, Pringles® Potato Crisps, Chewing Gum, and Lifesavers® candies.

Spelling Bee

Thanks to all who participated in, and supported the 2009 Hart Spelling Bee. Congratulations to our 1st place winner Esther Madkins, and special thanks to the enunciator Bob Chase.

Legal Appointments

Do you want to make an appointment for a consultation on Thursday, October 22? Please call the Senior Legal Hotline at 551-2140, and press 3. Someone can help you decide if you need an in-person appointment, or if you can get your question answered over the phone.

Thank You Generous Donors

We gratefully acknowledge the following individuals and groups for their generous contributions to the Ethel Hart Senior Center. Donations are very much appreciated with the City budget shortfall. Thank you for your continued support of our programs and services!

Mary Beth Hewitt

Merry Geil

Sacramento Storytellers Guild

Butch Cassidy

Rebecca Warren

Betty King

Joan Kelly

Lupita Hernandez

Anonymous donors:

In appreciation of the Pancake Breakfast, in memory of Anita Matilla, in memory of John Allegría, in memory of Pallo Deftereos.

Brain Fitness

Learn a new game or teach one. We have checkers, chess, Yahtzee, dominoes, backgammon, go, Chinese checkers, Scrabble, cards, and more. We have several games you can borrow. Join us Mondays and Wednesdays from 1 to 3pm. Free.

Cell Phone Assistance

Do you have cell phone questions? Learn how to raise the volume, switch to speaker phone, add contacts, or retrieve messages. Sign up at the reception desk and we'll set up an appointment with a volunteer. Free

Spooky Movie Madness

Join us on Fridays at 12:30 pm.

Oct 2nd "Twilight"

Twilight is a romantic sci-fi fantasy based on a novel of the same name. This modern day love story focuses on a teenage girl who falls in love with a vampire. Kristin Stewart and Robert Pattinson.

Oct 9th "House on Haunted Hill"

Five unrelated people are chosen to spend the night in what is purported to be a haunted house. Several murders have taken place in the house in the past. If the participants stay the night, their host will give them each \$10,000. Vincent Price.

Oct 16th "The Ring"

After losing her niece to a mysterious circumstance, a journalist investigates and discovers a cursed videotape, which gives a viewer only seven days to live. Naomi Watts.

Oct 23rd "Lady in a Cage"

A wealthy woman lives in a three-story city mansion and her cage is her elevator. While stuck in her elevator, hoodlums break in and terrorize her. Olivia de Havilland.

Oct 30th "I Bury the Living"

A newly appointed cemetery chairman discovers that by merely inserting a black pin into a wall-sized map of the cemetery, he can cause the deaths of that plot's owner. Richard Boone.

Floral Arranging

Every week, we are very thankful to accept donations of gorgeous flowers from Relles Florist. We keep the flowers perky and pretty to display for our lunch program and have found that by Friday, they are still full of life. You can enjoy creating an individual floral arrangement each week, just bring your own vase so you can take home your creation. Fridays 1:15pm. Please sign up in advance.

GoL (Generations online)

Learn to search the Internet and send e-mail, in a free one-on-one session, on our lobby computer. Mondays 1 to 2 pm. Sign up for an appointment with a volunteer buddy. Free.

Politeness Counts!

A friendly reminder to our Hart family to work together in the upcoming months. Things to remember when you visit the Center so that we all enjoy our visit:

- ◆ Be patient with other participants and staff.
- ◆ Conduct your cell phone calls away from others.
- ◆ Use appropriate language that is respectful and tolerant of all participants and staff at all times.
- ◆ Pick up after yourself.
- ◆ Fill out our Customer Satisfaction Surveys if you have constructive comments.

Pension Legal Issues

Join Senior Legal Hotline at 1 pm on Thursday, October 22. Do you have questions about your public, private, or government pension? Are you unsure if you qualify for some of an ex-spouse's pension? Come learn more about common pension issues, and bring along your questions.

Favorite OktoberFest Recipes

We're very excited about this cook book project and know it will be a great one! If you haven't given us your recipe yet, please do so. It is nearly time to gather up all the recipes and put our fabulous cook book together!

Great Books Discussion

We will discuss articles in the book "Keeping Things Whole: Readings in Environmental Science" at our 1st Tuesday of the month meetings at 1pm. October 6: "Khatdin" and "Death of a Pine" by Henry David Thoreau. November 3: "Man and Nature" by George Perkins Marsh.

Art Exhibit

Susan Recely and art students from the center will exhibit at the Marjorie Smith Walk-Through Gallery. Come to the Coloma Community Center at 4623 T St., during the month of October, 10am to 4pm, Monday thru Thursday. Don't miss this great opportunity to experience "Painting A New Language."

Wellness

Balance & Strengthening

Meets Monday, Wednesday, Friday from 9:15 to 10 am. Free. Benefits of a strengthening class include: Improved balance, better posture, and injury prevention. Increased strength and stamina. Restores muscles so you are able to do things you used to do, and gives you reserve energy.

Feldenkrais

Wednesdays, 2:30 to 3:30 pm. Diane Fontaine, Certified Instructor. \$35 for 4 sessions. Exercises are done lying on a mat. Wear loose clothing. Bring a small pillow and a towel. Teaches you to move with a minimum of effort by becoming aware of unconscious habits which compromise how your body works. Improve posture, balance, and breathing. Learn to reduce stress, tension, fatigue, and ease pain.

Hatha Yoga

Monday, Wednesday and Friday, 3 to 4 pm. \$30 for 8 sessions. Pat Shaw, Instructor. Treat yourself to gentle stretching to improve body tone, circulation, and flexibility. Participants will learn how to center and align the body through breathing techniques (pranayana), postures (asana) and deep relaxation to reduce stress and help you sleep better at night. Please supply your own yoga mat.

Prime Time Fitness

Monday and Friday, 8 to 9 am. Instructor, Dorry Brown. Free. Stretching, aerobics, dyna-bands, strength & muscle toning, flexibility & balance.

Chair Yoga

Wednesday and Friday, 1:45 to 2:45pm. Instructor, Pat Shaw. \$30 for 8 sessions. A more gentle form of yoga. Great for people who want to try yoga, but are limited in mobility! Treat yourself to gentle stretching to improve body tone, circulation, and flexibility. Learn relaxation techniques to reduce stress and help you sleep better at night. Please supply your own yoga mat.

Tai Chi and Chi Keung

Mondays, 1:30 to 2:30 pm. Mamie Woo, Instructor. \$24 for 4 sessions. A form of Chinese exercise that combines specific movements and relaxation. Improve your balance, breathing, mind, and limb coordination. Can be done while seated.

Hula Dance

Enjoy fun, exercise, and friendship ~ Hawaiian Style on the 1st Tuesday of each month, October 6 from 9:30 to 11am. Anuhea Toyama will teach simple dance steps and graceful hand movements in this free class. Please sign up in advance. Free.



Visa and Master Card Accepted

Payments accepted at the reception desk 8am to 4:30pm. We accept cash, checks, Visa and Master card. To register for classes on line—go to www.parksandreconline.cityofsacramento.org It's fast, easy and free.

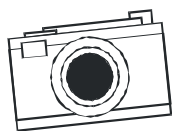
Subscribe!

We are now able to send you the monthly Hart Cornerstone and special announcements by email. Simply visit the reception desk or send an email with “subscribe” in the subject line to hartnews@cityofsacramento.org.

Go to www.hartcomputerclass.org if you are interested in our SeniorNet computer class announcements. Start reading all we have to offer when you check your email.

Bring your Photos

Join us on the 2nd, 3rd and 4th Fridays, Noon to 1:30pm for scrap booking with volunteer Kara. Pick one special event and bring 3 to 6 photos of the one event. Free, sign up in advance.



Improve Your Hand and Eye Coordination

Golf Putting is Tuesdays, October 6 and 13 from 12-2pm. Free.

Flu Shots October 20

Flu Shots will be administered here at the center on Tuesday, October 20, 10:30am to 1pm. There will be a \$10 charge for the flu shot. It will be provided to individuals age 50+, healthcare workers, pregnant women, persons who are chronically ill, caregivers or household contacts of high-risk individuals, and children 6 months - 18 years of age. Pneumonia shots will be offered for \$40. Tetanus and Tetanus with Pertussis shots will be offered for \$10. Persons with MediCare Part B without HMO coverage *may* qualify for MediCare billing. You *must* bring MediCare card to clinic. Some restrictions will apply. Sponsored by the County of Sacramento, Division of Public Health. Call 875-7053 for information.

Assistance for Small Print

Try our easy to use Aladdin Rainbow Elite system. You can enjoy reading again with this magnifying monitor. It offers high contrast or low glare screen choices. It also offers a full color viewing mode.

The Best Place for Your Next Family Event

Are you looking for the best place to have your next family reunion, birthday party, wedding, or any other celebration that is too large for your house? The Ethel Hart Center can make it happen. With rooms ranging from 670 to 4,000 square feet, our facility can accommodate meetings and gatherings up to 236 people. Call 808-5462 for information.

Weekly Ongoing Activities

Monday

- 8 am Prime Time Fitness
- 9:15 am Balance & Strengthening
- 9:30 am Conversational Spanish class
- 9:30 am Memory Seminar - Part 4
- 11:30am Duplicate Bridge
- noon HICAP appointments ***
- 1 pm Board Games
- 1:30 pm "Medical Decisions" —3rd Mon
- 1:30 pm Tai Chi & Chi Keung *
- 2:30pm Wii (Virtual Sports and Games)
- 3pm Hatha Yoga *

Tuesday

- 9:30 am Life History Writing class
- 9:30 am Hula Class - 1st Tues
- 9:30 am "Dramatic Play" - Workshop 3rd Tues
- 10:30 am Flu Shot Clinic - 3rd Tues
- Noon Golf Putting—1st & 2nd Tues
- 1pm Great Books Discussion
- 1 pm Senior Club Bingo **- 1st, 2nd, 3rd Tues
- 1 pm Stamp Collecting Club - 4th Tues
- 1 pm Gray Panthers ** 2nd Tues
- 1 pm Pastel Landscapes Art Class *
- 1:30 pm "Sleep and Senior Health" - Seminar

Wednesday

- 8 am Light & Lively
- 9 am Progressive Bridge
- 9 am Manitos
- 9 am Social for the Blind
- 9:15 am Balance & Strengthening
- 10 am "Heart Health" - 3 Part series begins Oct. 7th
- noon Brown Bag Pharmacy appts - 1st Wed ***
- 1 pm Creative Writing & Poetry class
- 1 pm Board Games
- 1 pm Neuropathy Discussion - 2nd Wed
- 1:45 pm Chair Yoga *
- 2:30pm Feldenkrais *
- 3pm Hatha Yoga*

Thursday

- 7:45 am Taking Off Pounds Sensibly **
- 9 am Line Dancing
- 9 am Crafts, Sewing and Ceramics
- 9 am Hearing Impaired Club
- 11 am Pinochle
- 1 pm Musical Theatre Dance Class 10/8-12/17
- 1 pm "Pensions" 4th Thurs
- 2 pm Legal Consultations - 4th Thurs***
- 2 pm Hart Advisory Committee - 3rd Thurs alt mo.
- 3 pm Straw into Gold
- 3pm Conversational French class
- 3 pm Ballroom Dance Practice
- 6 pm Hands in Mud Ceramics *
- 6:15 pm Latin Dance—1st & 3rd Thurs

Friday

- 8 am Prime Time Fitness
- 9 am Caregivers' Support Group - 4th Fri
- 9:15am Balance & Strengthening
- 9:30 am Community Gardening
- 9:30 am Painting A New Language *
- 10 am "Difficult Dementia Behavior" - 4th Fri
- 10:30 am SeniorNet Orientation - 2nd Fri
- 12 pm Karaoke
- 12 pm Scrapbooking
- 12:15 pm "Creative Aging Revue"-Performance 3rd Fri
- 12:30pm Movie Matinee
- 1:15 pm Floral Arranging
- 1:45 pm Chair Yoga *
- 2:30 pm Coffee Klatch Current Events *
- 3 pm Hatha Yoga *

Saturday

- 9 am Progressive Bridge
- 9:30 am Pancake Breakfast * - 2nd Sat
- 10 am Older Women's League—3rd Sat
- 10:30 am H1N1 Influenza - 2nd Sat

Sunday

- 11 am Pinochle
- 11 am Scrabble Club
- 1:30 pm Senior Club dance **

- *Registration and registration fee required for Senior Center programming
- ** Check with club for fees
- *** Appointments require advance registration

Monday—Friday 7:30am—5pm
Saturdays 9am—1pm Sundays 11am—3pm