



## CCN Updates – March 2018

- **We wish to officially welcome Sue Taylor and Kirsten Valenta to the Care Connections Network board!** We are grateful for their willingness to share both time and talent with our group.
- **The next educational seminar, “Brain Health and Alzheimer’s Research”, is Thursday, March 22 at 11:30am.** Our presenter, Chelsea Cox, is the Associate Director of Education for the Institute for Memory Impairments and Neurological Disorders at the University of California, Irvine (UCI MIND). What is Alzheimer’s disease? How can I lower my risk? Are there any promising new treatments? This presentation will address the current state of Alzheimer’s disease research, which has seen drastic advances in the last two decades. Risk and protective factors, new diagnostic tools, and treatment targets for Alzheimer’s disease will be discussed, highlighting the role of UCI MIND, both in the national research agenda and as a local resource. Lunch will be served, but you must pre-register. There is no charge for the seminar or for lunch and all are welcome. Sign up by calling the CCN office.
- Did you sign up for our tour of the **Richard Nixon Library on Tuesday, March 6?** Just a reminder that carpools meet at 8:45 at Lutheran Church of the Resurrection.
- CCN has been invited to attend the **15<sup>th</sup> Annual Hoag Hospital Spirituality Conference** as a participant in the resource room. It is a great opportunity to share the CCN mission with healthcare professionals, community spiritual leaders and other conference attendees.

### Monthly CCN Opportunities

- **Game Day – Thursday, March 1.** Join us the first Thursday of every month for an afternoon of fun playing your favorite games. Bring a game and snack to share with the group.
- **Chair Yoga – Monday mornings at 8:50** in Bercaw Hall. Wear comfortable clothes and bring a towel. Cost is \$10 for CCN members and \$12 for non-members. Your fifth class is free!
- **CCN/RLP Story Time – Mondays from 11:00 – 11:30.** Enjoy a morning reading stories to Resurrection Lutheran Preschool students. Call the CCN office to register at 714.962.9346.
- **Senior Taiko Drums – Mondays from 12:30 – 1:30.** New members welcome!
- **Joy Luck Majong Club – Wednesdays at 2:30.** Join us to for an afternoon of Majong!
- **Paper Rollers – Thursday mornings from 9:00 – 11:00.** Enjoy meeting with friends as we roll newspapers for resale.

For more information on any of these events call the CCN office at 714/962.9346

Join us for our annual

### Spring Party

**Saturday, March 24<sup>th</sup> at 5:00pm**

**Bercaw Hall**

**Lutheran Church of the Resurrection  
9812 Hamilton Avenue, Huntington Beach**

Celebrate the arrival of spring with friends and fun!

Enjoy a vocal performance by the  
Mitsuba Ensemble followed by dinner

This event is free to CCN members  
Non-members are welcome to attend for \$25

**R.S.V.P by March 16 to [cross.ccn@hotmail.com](mailto:cross.ccn@hotmail.com)  
or by calling the CCN office at 714/962.9346**

