

# Care Connections Network

AGING. BETTER.

(714) 962-9346

www.CareConnectionsNetwork.org



July 2020

## Zoom Connections for July!



Join us on Zoom for fun and fellowship!

### Wednesday Morning Coffee and Chat

Join us at 10:30am with your coffee and be ready for fun!

July 1 – Let's Play Scattogories!

July 8 – Favorite Musicals

July 15 – No Meeting

July 22 – What are You Watching?  
Now that we all have more time for TV, what are your favorites?

July 29 – Bingo Time!  
To play bingo, you must register by emailing [cross.ccn@hotmail.com](mailto:cross.ccn@hotmail.com) before 7/27.  
Your bingo card will be emailed to you.

<https://us02web.zoom.us/j/84054052103?pwd=NWhTU05oRFRjODFvUis0MDQxcExxUT09>

ZOOM Meeting ID: 840 5405 2103

Password: 036759

### Virtual Happy Hour

Monday, July 13

Monday, July 27

Join us at 5:00pm with your favorite drink and snack!

<https://us02web.zoom.us/j/81702404950?pwd=aHpjUkpkRndIejFYUmQ0TkclVzMydz09>

ZOOM Meeting ID: 817 0240 4950

Password: 199478

## Educational Seminar



Join us on Zoom to learn more about

### Incorporating Mindfulness: Fostering Your Emotional Wellbeing

Thursday, July 16 at 1:00pm

This is an online webinar presentation

<https://us02web.zoom.us/j/81935729145?pwd=TWVUNzIiWktRQk9JSHNRRkFISkhkUT09>

Feeling stressed, nervous or overwhelmed with all that is happening around us? This is a perfect opportunity to learn how to effectively manage emotions by utilizing mindfulness techniques. By attending this seminar, you will learn about benefits of mindfulness and different types of mindfulness practices.

Shiori Lange is a Licensed Clinical Social Worker who works full-time as a Geriatric Medical Social Worker providing psychosocial care (Post-Acute Care, Behavioral Health, Palliative Care) for individuals and families. In 2018, Shiori opened her private practice office in Long Beach. She provides behavioral health psychotherapy and geriatric care consultation. Shiori specializes in older adults, family, caregiving, dementia, mental health, grief and mindfulness.

ZOOM Meeting ID: 819 3572 9145

Password: 540943

All are welcome to participate in this online webinar

Need help using Zoom?

Call the CCN office at 714.962.9346  
Be sure to check out the CCN website and Facebook page for updated information!

## Online Chair Exercise for Older Adults Muscles Strength Exercise Class



Monday, July 13 at 10am

To help us age confidently and comfortably, lower body muscle strength is very important. Miho Yamagami is back by popular demand to introduce muscle training to help support your body and keep you moving smoothly. Miho is an experienced Health Fitness Specialist who focuses on health support and dementia prevention for older adults.

Many of you may have also participated in her online chair exercise videos.  
This online class is presented in Japanese, but all are welcome to participate.

『高齢期をアクティブに過ごしたり、日常生活を快適に送り、できるだけ長く自立生活を続けるには、特に下肢の筋力を維持することが重要です。自分の体重をしっかり支え、移動をスムーズに行うための筋力トレーニングの方法をご紹介します』

Zoom Meeting Link

<https://us02web.zoom.us/j/86174713900?pwd=cGwxWHVFaHJzL0xSMUFOSmNQTVd4Zz09>

ZOOM Meeting ID: 861 7471 3900

Password: 046389

## CCN Chair Yoga

Did you attend the June Coffee and Chat online chair yoga class with Lakshmi? Want to learn a little more?  
Read below for more information from Lakshmi.

In Lakshmi Voelker Chair Yoga, the Sitting Mountain is an invigorating pose. It refreshes the body and mind by removing tension, aches, and pains. It stimulates digestion, regulates the kidneys, and relieves constipation. It improves circulation and breathing. The back, hips, knees, neck, and shoulders all gain strength and mobility through its practice.

All the sitting poses teach the principles of correct movement. This is fundamental for all the postures and in everyday life where they develop awareness of the right way to sit, stand, and walk.

In the Sitting Mountain (Tadasana as it is called in Sanskrit), the upper body extends upward, with the base, the seat, firm as a rock; the mind is steady and attentive. Tadasana teaches balance and centering. These principles apply to all the yoga postures (asanas).


If you like you may repeat to yourself, "I am the mountain:  
I am stable, solid, secure, and balanced!"

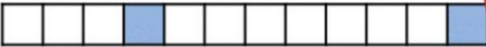
Namaste! The Light in me honors the Light in you.




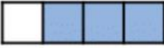
# Fourth of July Word Scramble

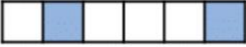
Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

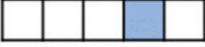
ASTSET 


ENDDEEPPNICN 

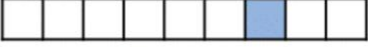
DEARAP 

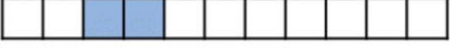
LUEB 

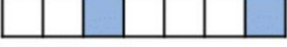
TENIUD 


TWEHI 


AEQTIULY 

ERIRFKWOS 

ARLANCDITEO 

FDREOME 

DER 

ILBEYTR 



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# Puzzle Page

## Brain Teaser



### T and an Island

What do the letter T and an island have in common?

Check the CCN website for the answer!

[www.CareConnectionsNetwork.org](http://www.CareConnectionsNetwork.org)



## July Fourth Word Search

- |             |              |            |
|-------------|--------------|------------|
| ADAMS       | FOURTH       | NATION     |
| AMERICA     | FREEDOM      | PARADE     |
| BARBECUE    | HOTDOGS      | REVOLUTION |
| COLONIES    | INDEPENDENCE | RIGHTS     |
| CONGRESS    | JEFFERSON    | STATES     |
| DECLARATION | JULY         | THIRTEEN   |
| EQUALITY    | LIBERTY      | UNITED     |
| FIREWORKS   |              |            |

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R	D	H	X	M	S	H	J	G	A	U	N	Z	P	V
I	M	O	D	E	E	R	F	U	M	D	O	W	L	Z
G	H	J	T	S	K	R	O	W	E	R	I	F	Q	W
H	O	A	M	S	E	X	U	Y	R	E	T	P	K	Q
T	T	A	C	Y	C	N	R	I	I	V	A	E	H	J
S	D	E	I	B	N	O	T	L	C	O	R	V	N	X
A	O	Y	D	A	E	S	H	U	A	L	A	J	K	N
E	G	T	T	R	D	R	C	C	J	U	L	Y	J	H
X	S	I	M	B	N	E	Q	O	N	T	C	T	P	G
V	O	L	V	E	E	F	Z	I	L	I	E	R	A	E
N	F	A	D	C	P	F	T	E	D	O	D	E	R	K
Q	Z	U	P	U	E	E	T	Y	S	N	N	B	A	I
D	X	Q	R	E	D	J	X	J	W	R	I	I	D	A
S	S	E	R	G	N	O	C	P	S	F	J	L	E	M
X	W	P	T	H	I	R	T	E	E	N	U	F	K	S



Go to the CCN website at [www.CareConnectionsNetwork.org](http://www.CareConnectionsNetwork.org) for links to the puzzle solutions or go to [www.puzzles-to-print.com](http://www.puzzles-to-print.com)