

Care Connections Network

AGING. BETTER.

(714) 962-9346

www.CareConnectionsNetwork.org



November 2020



Healthy Brain Expo

Join us on Zoom to learn more about brain health!

<https://zoom.us/j/97430991033?pwd=a2xDQ0dJUiQSWFMMWp4VUVsbjE3Zz09>

Judy Osuna from Alzheimer's Family Center brings us a new topic relevant to brain health every Wednesday in November

November 4, 11, 18 and 25

1:30pm – 2:30pm

Each week features a new topic and speaker:

November 4

Super Foods and the Brain
Nasira Burkholder-Cooley, DrPH, RDN

November 11

Brain Health
Teryn Clarke, M.D.

November 18

Oral Health and the Brain
Michael Cooley, DDS

November 25

Healthy Brain Aging: It is Not All in Your Head!
Cheryl Alvarez, PSY.D

Zoom Meeting ID: 974 3099 1033
Password: 140561

All are welcome to participate

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!

Educational Seminar



Join us on Zoom for

Keep Your Immune System Healthy

Thursday, November 19 at 1:00pm

This is an online webinar presentation

<https://us02web.zoom.us/j/81935729145?pwd=TWVUNzIWktRQk9JSHNNRkFISkhkUT09>

The COVID-19 pandemic has changed our lives, including our diets. People seem to be cooking more and eating almost every meal at home. Just because a meal is cooked at home does not mean it is healthy. Eating a healthy diet supports our body and is linked to a longer life. Unfortunately, there is no instant way to "boost" your immune system, and there is no specific food that will reduce the risk of the corona virus infection, but we can support our immune system by maintaining healthy habits. Together we will learn about a balanced diet to support our immune system, including foods that promote intestinal health and quality sleep.

Our presenter is Maki Kemmochi. Maki is a registered dietitian. She received a bachelor's degree from California State University, Long Beach with a dual major in Nutrition and Dietetics Administration and Food Science before completing the Dietetic Internship Certificate Program of Oakwood University.

Zoom Meeting ID: 819 3572 9145
Password: 540943

All are welcome to participate



Join us to celebrate the holidays safely!

Saturday, December 12

1:00 ~ 3:00

Lutheran Church of the Resurrection
9812 Hamilton Avenue
Huntington Beach

Come for a parking lot concert from the Godivas
and lunch from TK Burger

We will stay socially distanced
while enjoying food, music and fun!

This is a free event for CCN members
Nonmembers can attend for \$25

RSVP by November 30
to cross.ccn@hotmail.com or call the office at 714.962.9346

CCN Online Chair Yoga



Join Lakshmi Voelker for
Chair Yoga on Zoom!

Wednesday mornings at 8:45am

Cost is \$10 for CCN members and
\$12 for non-members

Purchase a 4-pack of classes
directly from Lakshmi

ZOOM Meeting ID: 920 2966 1181
Password: 454619

<https://zoom.us/j/92029661181?pwd=QjFNWWp3OTEvVnBWQ05jRmcvbTNDZz09>

Online Japanese Language Seminar

Learning about Medicare Enrollment:
Choose the Right Plan and Save Money

『オープンエンロールメントを理解して、上手に節約したい方の為のメディケア・セミナー』

Wednesday, November 11 at 10:00am

Join us to learn about the following:

- Why is there a "Medicare Open Enrollment" period every year?
- What is most important in choosing a plan?
- Examples of how choosing the right plan can save you money
- Get the answers to your questions
- 毎年のメディケア・オープン・エンロールメントは何の為にある？
- プラン選択のポイント
- プランを上手に乗り換えて節約できた実例
- 質疑応答

Our presenter is Hiroko Haig, an independent insurance broker with decades of experience in the financial industry in both Japan and the United States. After working for companies such as Salomon Smith Barney and Citigroup in Tokyo, she moved to California in 2010 and became an independent licensed California life, accident, and health agent. She Specializes in Medicare and supports seniors statewide to save money by finding the best plan.

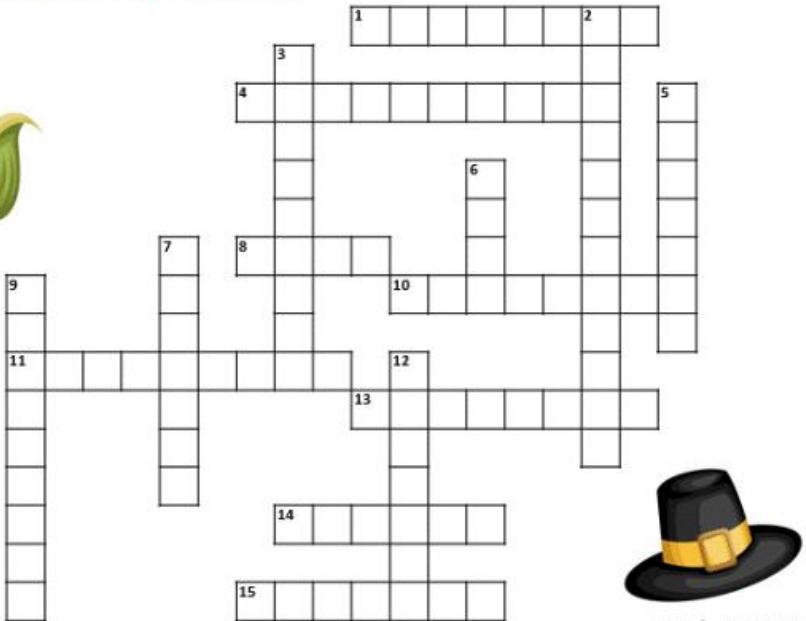
『東京にてソロモン・スミス・バーニーやシティ・グループと言った外資系金融会社に勤務後、英語の勉強のやり直しをきっかけに2010年に渡米。その後、保険プロカーでの勤務をきっかけに保険営業ライセンスを取得し、2014年よりメディケアを専門とした健康保険プローカーとして活動。』

ZOOM Meeting ID: 980 6095 9451 Password: 603955

<https://zoom.us/j/98060959451?pwd=L0ZPcnAzQzZHU2JLd04zMkNTdGVZdz09>

Puzzle Page

Thanksgiving Crossword



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Across

- 1. First village established by the Pilgrims
- 4. Symbol of abundance and nourishment
- 8. An essential grain in the New World diet
- 10. Literally, travelers going to a holy place
- 11. The Pilgrims' boat
- 13. 16th and 17th century English Protestants
- 14. The traditional holiday bird
- 15. Indian who taught the Pilgrims many things

Down

- 2. 4th Thursday of November
- 3. A traditional Indian dwelling
- 5. Gathering of crops
- 6. Season for harvesting
- 7. Country the Pilgrims left behind
- 9. Indian tribe that was present at the first Thanksgiving
- 12. Bright orange squash used to make pie

Go to the CCN website at
www.CareConnectionsNetwork.org for
links to the puzzle solutions or go to
www.puzzles-to-print.com

Brain Teaser



Big on Saturday

I am big on Saturday and Sunday.
I am small on Tuesday, Wednesday,
and Thursday.
I am not on Monday and Friday.

What am I?

Check the CCN website
for the answer!
www.CareConnectionsNetwork.org



Thanksgiving Sudoku

				A
O	R			F
E		L	O	R
		L	O	W
M		R	Y	A
A		E		O
	L		O	R
R	M	W		E
				L

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