

# Care Connections Network

AGING. BETTER.

(714) 962-9346

www.CareConnectionsNetwork.org



August 2020

## Zoom Connections for August!



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!

August 5 – Let's Play Scattergories!

August 12 – Book Club  
Share your latest good read!

August 19 – No Meeting

August 26 – Bingo Time!

To play bingo, please register by emailing [cross.ccn@hotmail.com](mailto:cross.ccn@hotmail.com)  
before 8/24.

Your bingo card will be emailed to you.

<https://us02web.zoom.us/j/84054052103?pwd=NWhTU05oRFRjOEFvUis0MDQxcExxUT09>

ZOOM Meeting ID: 840 5405 2103  
Password: 036759

### Virtual Happy Hour

Monday, August 10

Monday, August 24

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

### Concierge Care Navigators A Program of Council on Aging

Thursday, August 20 at 1:00pm

This is an online webinar presentation

<https://us02web.zoom.us/j/81935729145?pwd=TWVUNzIiWktRQk9JSHNNRkFISkhkUT09>

The Council on Aging Concierge Care Navigators help manage the complexities of one's health care needs.

Their Gerontologist and Registered Nurses are specially trained to evaluate, plan and coordinate care. They conduct on-site assessments and create an online care plan based on recommendations from physicians, family and health care providers. The plan focuses on wellness, prevention and keeping loved ones safely at home. Accessible online to all family members, the care plan facilitates well-being, independence and peace of mind.

Our presenter is Marilyn Fedorow, MSG  
Gerontologist and Program Director  
Council on Aging Southern California

Marilyn has over a decade of experience as a professional in the aging services field. Since joining the Council on Aging in 2010 she has held positions as a Medicare Counselor, Friendly Visitor and Editor-in-Chief for the Answers Guide a publication with a reach of over 70,000. Marilyn is a board member of the North OC Senior Collaborative, member of the Senior OC Citizen Advisory Committee and a member of the OC Aging Services Collaborative.

ZOOM Meeting ID: 819 3572 9145  
Password: 540943

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!



# Are You Ready for a Good Book?

Check out these online book clubs!

As Oprah declared, "There's no better time to read." With so many of us trying to fill time at home, and traditional book clubs on hold, virtual groups offer a fun way to talk to fellow readers, hear from writers and maybe even inspire you to try something new. Here are some online clubs where you can join the discussion or quietly explore some fantastic book suggestions.

**Andrew Luck Book Club** - The former Indianapolis Colts' quarterback is a big-time reader and was once dubbed "the NFL's official librarian" by the Wall Street Journal. He offers two selections at a time: One for "Rookies" (young readers), the other for "Veterans" (adults). You don't have to officially join — just read the books and post comments by using the hashtag #ALBookClub on Facebook, Instagram and Twitter.

**The Girlfriend Book Club** - The Girlfriend, AARP's newsletter and website for women 40 and older, offers a private Facebook-only book club with 5,000 members and counting — but anyone can join. It's fun and lively and packed with mostly female bibliophiles. It's an amiable community where members offer suggestions to anyone looking for their next binge-worthy book. It also has frequent free book giveaways.

**Now Read This** - Each month, this PBS NewsHour—New York Times club focuses on one work of fiction or nonfiction "that helps us make sense of today's world." The club's choices tend to be already out in paperback, which makes them a little more affordable if you can't find them in your local library. You can join the club through its Facebook group or by signing up for the book club newsletter.

**Oprah's Book Club** - Oprah Winfrey's book club is arguably America's most influential literary hit-maker, turning unknown titles into massive best sellers. Winfrey has awfully good taste in books — so you can hardly go wrong if you turn to the more than 80 books she's chosen through the years. You can sign up for the book club newsletter and see videos of Oprah with authors.

Source: AARP <https://www.aarp.org/entertainment/books/info-2020/online-book-clubs-to-join.html>

Reviewed & edited for length by: Care Connections Network

## CCN Online Chair Yoga



Join Lakshmi Voelker for Chair Yoga on Zoom!

Wednesday mornings at 9:00am  
Classes begin August 19

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

Purchase a 4-pack of classes  
directly from Lakshmi

Zoom Meeting Link

<https://zoom.us/j/92029661181?pwd=QjFNWVp3OTEvVnBWQ05jRmcbTNDZz09>

ZOOM Meeting ID: 920 2966 1181  
Password: 454619

## Online Chair Exercise for Older Adults

### Muscle Strength Exercise Class #2

筋肉アップ運動教室第二弾

山上美穂運動講師

Wednesday, August 19 at 10am

8月19日水曜日午前10時

7月の筋肉アップ運動教室に続いての第二弾をお届けします。

日常生活をアクティブに、且つ快適に送るために、

筋肉を維持することが大切です。

ぜひ一緒に運動しましょう！

This is the second Muscle Strength Exercise Class  
by Miho Yamagami.

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

Zoom Meeting Link

<https://zoom.us/j/97931896825?pwd=SUNETk5RcndZTkgyUVpkRzk5cm1JZz09>

ZOOM Meeting ID: 979 3189 6825  
Password: 500902



# Summer Days Word Scramble

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

Hint: The secret message is scrambled too.

cheab



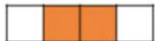
ensrsecun



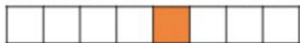
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rbueecba



reamwntelo



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## Puzzle Page

### Brain Teaser



### Never Walks

What can run, but never walks,  
Has a mouth, but never talks,  
Has a head, but never weeps,  
Has a bed, but never sleeps?

Check the CCN website  
for the answer!  
[www.CareConnectionsNetwork.org](http://www.CareConnectionsNetwork.org)

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)

## Famous Authors

DIRECTIONS: Find and circle the famous authors' last names in the grid.  
Look for them in all directions including backwards and diagonally.



ANGELOU, Maya  
AUSTEN, Jane  
CHRISTIE, Agatha  
DICKENS, Charles  
DICKENSON, Emily  
FAULKNER, William  
FITZGERALD, F. Scott  
HEMINGWAY, Ernest  
JOYCE, James  
KAFKA, Franz

KEROUAC, Jack  
KING, Stephen  
MAILER, Norman  
MELVILLE, Herman  
ORWELL, George  
ROWLING, J. K.  
SHAKESPEARE, William  
SHAW, George Bernard  
STEINBECK, John  
TOLSTOY, Leo

TWAIN, Mark  
VERNE, Jules  
VONNEGUT, Kurt  
WILDE, Oscar  
WOOLF, Virginia



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# COMPLIMENTARY SERVICES DURING THE COVID-19 PANDEMIC

***These are trying times, and we want to help!***

Alzheimer's Family Center is offering free services to help our seniors cope while sheltering in place. You can take advantage of these services from the safety of your own home via the phone or a Zoom teleconference on your computer or tablet.

To schedule your free appointment, call **(714) 330-9277**

## FREE MEMORY CHECKUPS

As seniors are urged to shelter in place during the coronavirus pandemic, the risks of social isolation are becoming more of a concern. They include loneliness and depression, which increase the risk of dementia. Now is the time to determine your risk, especially if you have :

- Trouble remembering important dates or events,
- Problems misplacing or losing items,
- Greater difficulty performing basic tasks.

If any of these conditions describe you, consider having a free memory checkup done in your home with a healthcare professional by phone or via Zoom, the secure online platform. Zoom is a program and app that can be run on your desktop computer, laptop, tablet, or smartphone.

***Your evaluation will be done remotely at a time most convenient for you. Within 20 minutes, you will learn if your memory falls within normal ranges, or whether you have a memory concern that needs further evaluation.***

We recommend everyone age 50 and older get a yearly "Check up from the neck up."

Your results and information will be kept completely confidential.

## CAREGIVER COUNSELING

- Do you feel overwhelmed, sad, hopeless or frustrated with the demands of caregiving?
- Do you feel like you've lost your loved one to dementia?
- Are you experiencing conflict with your loved one or other family members?
- Have you withdrawn from normal activities because of caregiving?
- Do you feel like you are in a constant state of crisis?
- Are you or your loved one having a difficult time adjusting to a personal loss or diagnosis of dementia?

***Please know you are not alone.***

We understand the struggles that come with caring for a loved one with dementia, especially during a pandemic. Our qualified family counselors specialize in helping caregivers manage the demands and emotional aspects of caregiving.

Alzheimer's Family Center has received generous grant funding from Archstone Foundation to provide free counseling services for caregivers caring for an adult with a cognitive impairment.

***The grant covers eight (8) one-on-one therapy sessions, each lasting 50 minutes.***