



October 2020

Simi Valley Senior Center

SENIOR NEWS



Simi Valley Council On Aging Executive Board

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www.simivalley.org

In response to the evolving health concerns surrounding our community, the Senior Center will continue to be **closed until further notice.** City administrators continue to closely monitor the recommendations of public health officials and will resume operations at the Center when it is deemed safe.

Medicare: What You Need to Know NOW



Special Online Zoom Presentation
Thursday, October 15, 2020
10:00 - 10:30 a.m.



It's nearly that time again! The Medicare Open Enrollment period begins on October 15, 2020 and is your annual chance to make changes to your health plans and coverages.

Medicare is a large, very complex system which is difficult for most of us to understand and even harder to navigate. This presentation will speak to some of the important points you need to know in order to ensure you get the healthcare coverage you need and protect your healthcare benefits.

The webinar will be led by Micki Nozaki, director of the California Senior Medicare Patrol project at California Health Advocates.



Call the Senior Center at (805) 583-6363 to sign up to have the Zoom meeting link emailed to you.

Keith L. Mashburn, Mayor Mike Judge, Mayor Pro Tem Dee Dee Cavanaugh, Council Member Ruth Luevanos, Council Member Elaine P. Litster, Council Member

Simi Valley Senior Center 3900 Avenida Simi, Simi Valley, CA 93063 805.583.6363

Recognize a Volunteer Who Makes a Difference!

The Simi Valley Council On Aging (COA) is seeking nominations for its 2020 Wayne Templeton Volunteer of the Year Award. The Wayne Templeton Award is given annually to an outstanding volunteer who has given service to seniors in the City of Simi Valley. Initiated in 1985, this award was first given to Wayne Templeton who was a major force in the development of a Senior Center in the City of Simi Valley, as well as the creation of the Council On Aging Executive Board.

The COA Executive Board is an advisory board appointed by the City Council to act as advisors on senior issues. The COA also sponsors special events and raises funds to support a variety of programs that benefit seniors in the community. The winner of the 2020 Volunteer of the Year award will be announced at the at the January 11, 2021 monthly COA meeting (meeting location TBD).

The nomination period will be from October 1 to November 6, 2020. The nomination form can be found on the City of Simi Valley website at www.simivalley.org/COA or by calling Assistant Community Services Manager Robert Martin at (805) 583-6363. Completed forms must be submitted no later than Friday, November 6, 2020 to be considered.

Council On Aging Executive Board Members Needed

The Simi Valley Council On Aging (COA) is looking for qualified seniors to serve on the Executive Board. All applicants must be 60 years of age or older and reside in the City of Simi Valley.

COA Executive Board members are appointed by the City Council and serve a two year term, which begins February 1, 2021. The COA Executive Board acts as advisors on senior issues to the City Council. They assist in conducting fundraising activities that support vital services for seniors in our community that may otherwise not be possible. The COA Executive Board meets on the second Monday of the month, except in July and August, to discuss COA related business.

Whether your expertise is in the area of finance, conducting fundraisers, correspondence, or taking minutes at the meetings, the Council On Aging encourages anyone who is interested in making a difference to apply! The application is available on the City's website at www.simivalley.org/COA or by calling Assistant Community Services Manager Robert Martin at (805) 583-6363. Completed applications must be submitted no later than Friday, November 6, 2020 to be considered.



Present to you:

THE BV ZOOM CHRONICLES

First Chronicle:

COVID 19: A Clinical Summary



Presented By: Dr. Krumian DO / Medical Director of Buena Vista
Time: Oct 8, 2020 at 2PM – 3PM with time for Q & A

Join Zoom Meeting

<https://zoom.us/j/94326708696?pwd=N0tHYnYwM3FPaVU4RCthN0wwUVgvQT09>

Meeting ID: 943 2670 8696

Passcode: 553024

Ways you can find the link....

Email jmonroy@BuenaVistaHHH.com for Zoom link to be sent to you

Visit our Facebook page <https://www.facebook.com/BuenaVistaHospiceCare>

Or call us 805-777-1133

Simi Valley Council On Aging Online Meeting

Monday October 12, 2020

1:30 p.m. – 3:30 p.m.

**Call (805) 583-6363 to sign up
to receive the Zoom Meeting link**



Join us for a special online Zoom presentation:

All about Peripheral Artery Disease

Tuesday, October 13, 2020

1:00 - 2:00 p.m.



UCLA Health

Peripheral artery disease is a common circulatory problem in which the arteries become narrow from plaque buildup and blood flow to the limbs is reduced. The condition affects from 8 to 12 million Americans.

UCLA Health's Dr. Ravi Srinivasa will discuss peripheral artery disease pertaining to walking activities. Learn how leg pain can be evaluated and treated using minimally invasive procedures.

Dr. Srinivasa is a nationally recognized specialist in Diagnostic and Interventional Radiology. His primary office is at the UCLA Jonsson Comprehensive Cancer Center in Westwood.

Call (805) 583-6363 to sign up to have the Zoom link sent to you so you can attend this free online presentation.



Ventura County Area Agency on Aging EatFresh.Org Mini Course

Healthy eating doesn't have to be confusing. This four-week online course is designed to boost nutrition, cooking, and healthy living knowledge for people 60 and older. Participants will learn how to eat healthy, save money, and cook easy and tasty meals. Classes are taught by a registered dietitian and are held Tuesdays from 1 p.m. – 1:45 p.m.

Class Dates:

October 13th

October 20th

October 27th

November 3rd

To register call (805) 406-8332 or e-mail Dietitian.RealFood@ventura.org.



*This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.*



Ventura County Area Agency on Aging Eat Smart, Live Strong

Enjoy fun, lively activities with others during this four-week online course designed for people 60 and older. Participants will discuss easy ways to make smart food choices and exercise more. Classes are taught by a registered dietitian and are held Thursdays from 11 a.m. – 12 p.m.

Class Dates:

October 15th
October 22nd
October 29th
November 5th

Classes are stand alone, but participants are encouraged to join the full four-weeks. To register call (805) 477-7353 or e-mail Christal.Greenlaw@ventura.org.



*This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.*

Virtual Path to Positive Aging Series

Will You Pass Your Next Drivers Test:

Everything You Need to Know to be Prepared



When:

Tuesday, October 27th, 2020
4:00 pm to 5:00 pm

Location:

Zoom Virtual Seminar

RSVP:

Please register online at <https://www.seniorconcerns.org/seminars/> or email questions to: info@seniorconcerns.org

Join this workshop to:

- ✓ Learn how to effectively study for the written exam
- ✓ Understand what to expect at the DMV
- ✓ Discover tips to take on the road
- ✓ Learn about the REAL ID

Presented By:

Tressa Thompson
Senior Ombudsman,
Department of Motor Vehicles



Ventura County Area Agency on Aging **LETTERS OF SUPPORT CAMPAIGN**

Did you know?

30 % of older adults in Ventura County are living alone?
The VCAAA is collecting letters of support to help lift the spirits of older adults who are experiencing isolation from family and loved ones during the COVID-19 crisis.

We are looking for unaddressed greeting cards or letters with words of support and encouragement.

Please send all cards or letters to:
Ventura County Area Agency on Aging
Letters of Support Campaign
646 County Square Drive, Suite 100
Ventura, Ca. 93003

We encourage Ventura County residents to take this time to reach out to family members and loved ones with similar letters that might help provide support during this difficult time. This project is presented in partnership with Meals on Wheels America.

