



The Village News

Living Life to the Fullest

May 2018

In case you were unable to attend the April Mind Boosters Series, here are a few helpful tips for brain and cognition health.

Mind Booster Tips

- Thyroid issues, heart and circulatory problems, diabetes, and depression may cause symptoms of dementia but may be reversed with the proper treatment.
- If one has a history of Alzheimer's disease there is only a 3 per cent change that you will get the disease.
- Regular physical activity, especially walking and resistance training is a good defense against cognitive decline.
- Life-long learning will help you maintain cognitive function.
- A heart-healthy diet that emphasizes fruits, vegetables, whole grains, fish, chicken, nuts and



legumes, while limiting saturated fats, red meat and sugar will maintain and improve a healthy body and mind.

- Remaining socially and mentally active may support brain health and build healthy reserves.
- Prescription medications that are used to treat Alzheimer's dementia vary from person to person and are limited in duration.
- No single type of cognitive stimulation has been identified as being more effective than another.



Freelance Word Processing Project Assistance Needed!

San Clemente Village is growing by leaps and bounds... and we need help with a few of our administrative projects.

If you are interested, or if you know of someone interested in learning more about these projects (\$16-\$20 per hour, based upon acceptance of freelance project proposal), please contact Jan Montague, at janm@scvillage.org.

Mark Your Calendars!

May 19, 2018 at 1:30 – Road Scholar Presentation

Road Scholar, the nonprofit, world leader in travel since 1975, will be a SCVillage Program in May. We will hear about various travel options and how learning fits into travel. Specializing in travel for older adults, Road Scholar offers international, domestic destinations and inter-generational learning adventures.

Don't get Scammed by Technology!

Are you aware of the common e-mail, phone, and web scams circulating today? Would you know a scam if you saw it? Do you know how to protect yourself from common scams?

Join us at 1:30 on May 22nd at the F&M Bank in San Clemente to find out. An hour of your time now could save you weeks of stress later!

Village Volunteers

We are pleased to introduce and welcome our Sixth Class of Volunteers!

Sylvia Stevenson, Jessica Hibdon, Judy Bethe, Jill Kohlhase, Jeff Hartmann, Debra Osborne, Sandi Shoden (Vol. Coordinator), Debbie Rose, Katie Meridith, Janet Hibdon, Bob Spidell, James Evans, Cheryl McDowell, Judy Hart Perrault, Darlene Jamroz, Kevin Middleton



Social Events

Our first Potluck event was a HUGE success! Thank you for attending and bringing so many delicious dishes to share with one another.



In Touch, with Lois Stansel



“How long does olive oil last?” At a recent Mind Boosters workshop, no one had an answer to this question. Fortunately, I know one of the owners of a Sicily-based olive oil company—Fratelli and Colletti—who provided the answer.

“Assuming it is stored in a cool, dark place, opened or unopened, use for 18 months from the crushing date. This date is printed on the label. If you do not find this date, then be safe with 12 months. Before adding olive oil to food, taste it.

If it tastes rancid, toss it.” Thank you, George Colletti of San Clemente.

Packaged, canned and frozen food typically display a “use by” date. Baking powder and baking soda have expiration dates because they lose effectiveness with time... Who wants to go to the effort of baking a cake which ends up resembling a pancake!

An expiration date is printed on medication labels. Questions about how to safely dispose of old medications may be answered by your pharmacist. Beauty products even have expiration dates! Just Google “shelf life of cosmetics” for more information. Using outdated mascara in particular can cause an eye infection. Better safe than sorry!

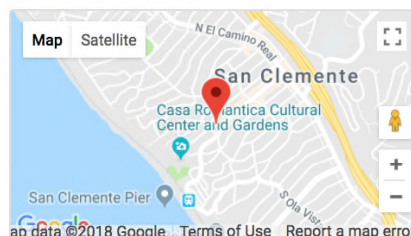
Here's more of what's happening in June! *Live Smart Initiative – Part II*



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Brain Health as You Age: What You Should Know!

WHEN: June 7, 2018 @ 1:00 pm – 2:30 pm
WHERE: San Clemente Community Center Ole
Hanson Fireside Room
100 N Calle Seville
San Clemente, CA 92672
USA
CONTACT: ☎ 949-757-3721
📁 FAMILY EDUCATION
📍 brainheart



Calendar
 Add to Calendar ▾

Research suggests that certain lifestyle factors such as a nutritious diet, exercise, social engagement, and mentally stimulating pursuits might help to reduce the risk of cognitive decline and Alzheimer's disease.

In this presentation you will understand age related changes in memory and learning, review threats to brain health and learn what you can do to protect your brain health.

RSVP online or for questions contact Education Coordinator at 949-757-3721

Thank you to our sponsors.



Welcome New Members

Jim Reiss – Full Service

Virginia Simmons - Social

Birthday Celebrations!



San Clemente Village would like to take you out on the town for your birthday! Every member will receive a free meal and beverage, during their birthday month!

If your birthday is in May, call us right away and register for one of the Dining Events. You can choose either Dine Around or Lunch Bunch. Check the Event Calendar and call the SCV Event Line at 949-441-1348 to register.

Here are the lucky Members for May.

Kay Childs May 12
Barry Mulkay May 5
Virginia Simmons May 14
Sherry Reams May 17
Lora Ward May 24

Happy Mother's Day



General Information

San Clemente Village
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Board of Directors

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Social Activities

Planned Events

Educational Programs
Living Well Initiatives
Recreational Activities

Programs & Services

Computer Assistance
Handyperson
Gardening
Transportation
Friendly Visits
Phone check-ins
Pet care

On-Going Activities

Bridge
Table Tennis
Gentle Yoga
Genealogy Interest Group
Dine Around
Lunch Bunch
Movie Matinee
Volunteer Opportunities

SC Advisory Board

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Christine Barone, Marketing Professional & Art4Healing Facilitator

Thank You - to the following supporter(s):

Starbucks and F & M Bank for providing beverages for the April Mind Boosters Series!

FREE SHREDDING EVENT - May 5th

Bring all papers containing personal and sensitive information to our annual Shredding Event on May 5th, 9:00am - 11:30am in the Office Depot parking lot at 993 Avenida Pico. This is a FREE complimentary Community Service from Tarbell Realtors, San Clemente. See you there!