

### San Clemente Village News Living Life to the Fullest

### June 2019

### SCV was a Big Winner at Goody's BINGO





San Clemente Village really did yell "bingo" with our Charity Night games at Goody's Tavern! Goody's selects a different non-profit for each month to benefit from their Monday night bingo games and the Village was chosen for April. There were 5 Mondays in April and we were also able to offer raffle prizes on the last night. The Village was very fortunate to collect \$1625 worth of raffle prizes from generous local businesses at no cost to us. The non-profit receives all the proceeds from the games and any money from the raffle. We received \$2308 in cash for our efforts, and our total expenses were \$148! To make it even better, we have a matching grant from the McBeth Foundation (thank you!) so the total grows to \$4616! As an added bonus, we also signed up a new member and 2 new volunteers! It was a successful outcome no matter how we measure it. And to top it off – everyone seemed to have fun! Thanks to all who participated and brought friends and neighbors to help the Village and have an enjoyable time.

Submitted by Bingo Hosts--Sherry Reams and Maria Gladd

### Welcome New Members!

Full Service: Loraine Eisenbeisz and Audrey Borgens

### Message to our Wonderful Volunteers

- Please confirm to your member via telephone the **morning before** the transportation pick up. Members can become a bit anxious if you have not called by the afternoon of the day before. Thanks for all you do! Jeralyn & Sandi
- Let Us Know Reservations
- Just a reminder When you reserve a spot at a Village activity and will not be able to attend, please call the SC Office and cancel your reservation. A firm number of attendees helps us order food correctly or reserve the right number of seats at a restaurant. Situations change, not a problem, just cancel your reservation. Thank you!



### San Clemente Village

SCV Members, Volunteers & Guests (\$10.00 per guest) will have a **Good Old-Fashioned Time** at:

# SUMMER Fun

### Sat., June 15, 2019

Patio activity fun is from12:30 - 1:00 Lunch and Bingo is from1:00 - 2:30 We'll serve BBQ Chicken with all the fixens' and pie for dessert.

Baha'i Center, 3316 Ave del Presidente RSVP by June 12<sup>th</sup> <u>Register thru the event calendar</u> or call the SCV office at 949.441.1348

### Happy Birthday!

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 June, call us right away and register for one of the Dining Events. Check the Event Calendar to <u>register on-line</u> or call the SCV Event Line at 949.441.1348 to register. Here are the lucky Members for June.

### Jan Powell and Ret Wixted

Let's enjoy a meal together at one San Clemente's dining spots. Remember to sign up through the SCV <u>Event Calendar</u> or by calling the SCV number at 949.441.1348. **Here's where we are going in June. Join the fun!** Dine Around. Ruby's 6-7:30 PM Lunch Bunch. Tommy's 12-1:30 PM

## San Clemente Village Event Highlight



## You're missing a bet...by not attending Movie Matinee by Bob Crittendon

If you aren't taking advantage of our once-monthly Movie Matinee, you're missing out on a good time and great bargain. This is a friendly get-together of Village members at a nearby theater (Regency Director's Cut on Greenfield in Laguna NIguel) on the first Wednesday of the month. So, what's all the fuss about? For

one thing, our resident movie critics Sherry Reams and Maria Gladd pick movies that will likely show up on the Academy Award list later on. The time is convenient... mid-afternoon... and the price is a staggering senior special of \$6.50, about half that of most theater tickets. Besides that, you receive free popcorn and a drink. What's not to like? Check it out on the monthly Village schedule and sign up now. You'll be glad you did.

> **Reminder** Closed Holidays SCV Phone Office Hours Monday-Friday 9:00 AM – 5:00 PM. Closed Weekends.

### San Clemente Village

Members, Volunteers and Shorecliffs residents are invited to attend:

### Medicare Fraud Protection –

### What You Need to Know

Tuesday, June 25<sup>th</sup>, 2019 1:00 PM to 2:30 PM (Doors open at 12 :55 PM)

### Shorecliffs - Community Room 3000 Calle Nuevo, San Clemente 92673

This educational presentation will provide important information about Medicare Fraud: --What Medicare Fraud might look like --What is a false claim and what you should do --How to protect your medical identity --How to report fraud --Current trends in frauds Presentation by Micki Nozaki, State Director, California Senior Medicare Fraud Patrol. The Senior Medicare Patrol is a federal, grant-funded program through the Department of Health & Human Services which provides Medicare & MediCal healthcare fraud prevention education and outreach throughout the state.

Please RSVP no later than June 23rd by calling the SCV Office at 949.441.1348. Or, register on line via the SCV Event <u>Calendar at www.scvillage.org</u>. San Clemente Village

Snacks will be provided.

### San Clemente Village

P.O. Box 5761 San Clemente, CA 92674 949.441.1348 www.scvillage.org

### **Being Prepared During an Emergency Evacuation**



Several SCV Members and Volunteers attended the Emergency Evacuation Plan workshop. You can purchase the "Get Ready Now", 72 Hour emergency bag from www.getreadynow.com or www.amazon.com for approx. \$95.00.



### **Tips on Reducing Your Chance of Falling**

by Judy Bethe, SCV Fall Risk Facilitator It has been my pleasure to work with one of our members in home exercises to strengthen balance and avoid falling. I have also picked up tips from other members when I talk to them about safety issues. I am sharing this list in the hopes you might find an idea that helps you prevent a fall or injury.



- 1. My mother fell and broke her hip rushing to answer a ringing phone. Take your time, check for a clear pathway and get to your destination safely. No caller is worth a fall... they will leave a message or call back. Keeping your phone close by is even better!
- 2. One of our members figured out that she had fallen on the way to the bathroom at night due to extra-long PJ bottoms. She had lost weight and realized that she had stepped on the bottom cuff and fallen. She used pinking shears to cut off the bottoms and now her PJ's are just as cozy but not dragging on the floor.
- 3. Do you climb stairs to bed at night? Be extra vigilant when tired. Hold on to the railing and don't carry everything upstairs in the dark... wait until morning. Better yet watch that last TV program upstairs!
- 4. Time trips to the grocery, pharmacy, etc. to avoid rush hour or week-end traffic. The time between school out and dinner time can be crazy on the roads and in parking lots.
- 5. One of our members fell in her favorite grocery store. She had rushed in to pick up just a few items, grabbed a carry basket and headed down an aisle. Her purse slid off her arm, knocking the basket and causing her to fall and injure herself. The safety tip here is to always get a shopping cart and use it from car to store and back to car. Holding on to the cart can really make a difference! Plus, other drivers will be more apt to see you when backing up!
- 6. Finally--a tip for all you day time movie lovers. The matinees are a good deal but remember when your walk out of a dark theater it takes time for your eyes to adjust to the bright light. One of my neighbors walked out into the parking lot with a friend and promptly tripped over one of the cement curbs. Luckily, she did not break any bones but needed wound care for quite a while. So, take your time... hold on to a friend! Stay safe.

#### **General Information**

San Clemente Village P.O. Box 5761 San Clemente, CA 92674 949-441-1348 info@scvillage.org

#### **Board of Directors**

President Bob Coff bobc@scvillage.org

Vice President Cheryl McDowell cherylm@ins-solutions.com

Secretary Beth Hasenbein bethh@scvillage.org

**Treasurer** Steve Walrath stevew@scvillage.org

**Directors** Diane Edwards dianee@scvillage.org

Sherry Reams sherryr@scvillage.org

Bob Spidell bobs@scvillage.org

#### **Executive Director** Jan Montague

janm@scvillage.org

#### **Planned Events**

Educational Programs Living Well Initiatives Social Activities

#### **Programs & Services**

Computer Assistance Indoor & Outdoor Services Transportation Ambassador Program Phone Check-Ins Pet Assistance

#### **On-Going Activities**

Bridge & Lunch Dine Around Lunch Bunch Movie Matinee ExploringTechnology Volunteer Opportunities

#### SC Village Advisory Board

Julie Schoen, JD, Deputy Director, National Center on Elder Abuse Kevin Middleton, Branch Manager, F & M Bank San Clemente Jeff Hartmann, Attorney, Estate Planning, Wills & Trusts Christine Barone, SCV Outreach Coordinator & Marketing Professional Kathy Carchidi, Alzheimer's Orange County, Family Services Specialist VILLAGE San Clemente Village

## June 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3	4	5 <u>Movie Matinee</u> TBD	6	7	8
9	10	11	12	13 Dine Around Ruby's 6:00- 7:30	14	15 Summer Fun 12:30 -2:30
<b>16</b> Father's Day	17	18 Bridge 11:30-2:30 & Lunch @Wedgewood, SC Golf Course	19 Lunch Bunch Tommy's 12:00- 1:30	20	21 Summer Solstice	22
23	24	25 Exploring Technology TBD Medicare Fraud 1:00-2:30	26 Dine Around Ruby's 6:00- 7:30	27	28	29
30						

To register for programs or events, call the SCV Office at 949-441-1348 or on the Event Calendar at scvillage.org

Notes

