INGLEWOOD PARKS, RECREATION AND COMMUNITY SERVICES DEPARTMENT SENIOR CENTER

Voice of Experience

(310) 412-5338

330 Centinela Avenue, Inglewood, CA 90302

March, 2010



The HeArt of Caregiving—A Celebration Praising Caregivers of Older Adults

The Steering committee of "Our Community Caregivers Café" held its 2nd Annual Caregiver Event on Saturday, February 13, 2010, at the Inglewood Senior Center. Over 150 caregivers were treated to an afternoon of live gospel entertainment featuring a string quartet headed by Chris Grice, Praise Dancers, Professor Iris Stevenson and the Crenshaw High School Elite Choir, and Maceo the Magician. Our special guest, Barbara Morrison, was also the recipient of the **2010 Caregiver Advocacy Award** presented by the Steering Committee. Caregivers were transformed and uplifted by the moving, passionate and magical powers of the arts and the array of talent that was presented. Comments from the caregivers were joyful, tearful, and exceedingly thankful for the praise, fellowship, and respite that they received.

The success of this event was due to a collaborative effort by our **Steering Committee:** Sikizi Allen, Luanne Arredondo, Dr. Donna Benson, Dr. Connie Corley, Shawn Hertz, Linda Peterson, and Bobbee Zeno; **Community Partners, Vendors and Sponsors:** Allied Health Care, Alzheimers Association, American Diabetes Association, Beauty Bus, CareMore, CVS, Cal State University Los Angeles, Coley's Restaurant, Companion Care Plus, Crenshaw Watts Rotary Club, Fielding Graduate University, Juan Pollo Rotisserie Chicken, KPFK 90.7 FM "Experience Talks", Los Angeles Caregiver Resource Center, New York Life, Ralph's Grocery, Senior Lifeline, Inc., VITAS Innovative Hospice Care, Von's Grocery, Walgreens, and Los Angeles County Community and Senior Services.

Caregivers were also treated to a scrumptious lunch catered by It's Your Party, a caregiver survival kit and other goody bag items. A very special 'thank you' to the superb group of students from Cal State University, Los Angeles and the Inglewood Senior Center volunteers.

Our Community Caregiver Café - The HeArt of Caregiving is the community project selected by Sikizi Allen, New Ventures in Leadership (NVL) Partner 2009-2010. The results will be presented at the Annual Aging in American Conference in Chicago, Illinois, March 13-19, 2010.



Bid Whist, Dominoes Tournament

A bid whist and dominoes tournament has been scheduled for Saturday, March 6, 2010, at 11:30 a.m. The entry fee is \$2.00 per person and the last day to sign-up is Wednesday, March 3, 2010.

There will be first, second, and third place prizes for tournament winners.

Refreshments will be served. Tournament prizes are being donated by The Golden Girl Club.

For further information, please contact Linda Murrell, at (310) 412-5338.

World Kidney Day, Los Angeles

A free community conference to help increase awareness of kidney disease and mobilize communities to become active in the promotion of early detection and prevention has been planned for Thursday, March 11, 2010, from 8:30 a.m. – 3:30 p.m. at Holman United Methodist Church, 3320 West Adams Boulevard, Los Angeles, CA 90018.

Community members, caregivers, families, service providers, students, faith-based organizations, researchers and people living with kidney disease are invited to attend.

You can register by calling (323) 292-2002 or on-line at www.haafii.org. Only 250 registrants will be accepted.

"The more you praise and celebrate your life, the more there is in life to celebrate" ... Oprah Winfrey

Tax Time...

It's tax time again and tax preparation is once again being offered at Rogers Park by AARP.

Appointments are available from 9:00 a.m. to 2:00 p.m. Call Rogers Park at (310) 412-5504 to schedule an appointment.

Crenshaw/Watts Rotary Club

The Crenshaw/Watts Rotary Club is presenting an afternoon movie for seniors at Lucy Florence Culture Center every 4th Tuesday of the month from 12:00 p.m. to 1:30 p.m. Lunch will be served. The cost for this event is a \$10.00 donation per person.

The address to Lucy Florence Culture Center is 3351 West 43rd Street, Los Angeles, CA 90008. For more information, call (310) 425-6961 or contact Sikizi Allen, Programs Manager at the Inglewood Senior Center (310) 412-4363.

Silver Screen Classics at The Bridge

This month Silver Screen Classic presents, "Vengeance Valley" (1951) starring Burt Lancaster and Robert Walker. The movie date is Monday, March 8, 2010, at 12:45 p.m. Sign-ups are currently being taken at the Center.

"Vengeance Valley" is a Western about a cattle baron who takes in an orphaned boy and raises him, causing his own son to resent the boy. As they get older, the resentment festers into hatred, and eventually the real son frames his stepbrother for fathering an illegitimate child that is actually his, seeing it as an opportunity to get his half-brother out of the way so he can have his father's empire all to himself.



"The Purposeful Pen"

A creative writing class started on February 20, 2010, and will be held for five consecutive Saturdays at the Inglewood Senior Center. Classes are held at the Center from 11:00 a.m. to 12:00 p.m. The final class will be a literary café on Friday, March 19, 2010, where the work of all participants will be showcased and published in an anthology that will be distributed to class participants.

Come stretch your minds, hearts and talents as you explore poetry, short story, memoir, screenwriting, TV writing, and playwriting.

- Learn story structure and the tools to create compelling stories.
- Feel empowered as you learn the joys of writing creatively.
- Create believable characters, who converse in rich dialogue.
- Learn how to "show" not tell, with your words.
- Discover things about yourself, and the world that you didn't know before.
- Short and long-term goals will be assigned.

That Pyles Girl, LLC has launched this unique creative writing workshop to provide tools and leadership skills for those at the Inglewood Senior Center who enjoy writing and want to learn more about the craft.

For more information call Linda Murrell at (310) 412-5338.

Center Closed

The Center will be closed on Wednesday, March 31, 2010 for the Cesar Chavez holiday.

Movies at the Center

Stay, relax and enjoy a movie at the Center on the first and third Friday of each month Refreshments will be available at no charge. Movie time is 1:30 p.m.

The movie showing on **March 5, 2010**, will be a comedy, "Claudine", (1974) starring Diahann Carroll and James Earl Jones.

The film tells the story of Claudine Price (Diahann Carroll), a single Black Harlem mother, living on welfare with six children, who finds love with a garbage collector, Rupert Marshall (James Earl Jones), who she calls "Roop".

The second movie showing on March 19, 2010, will be a drama, "Matchstick Men", (2003) starring Nicolas Cage and Sam Rockwell.

Roy Walter (Cage) is a troubled con artist living in Los Angeles. Alongside his partner and protégé Frank Mercer (Rockwell), they operate a fake lottery, selling overpriced water filtration systems to unsuspecting customers for \$300.00 and promising them that they have won a big prize, which they will never receive. As the pair are about to pull off a really big con, Alison Lohman, who is the 14-year daughter of Roy arrives. She has never seen her father and now she has put the big swindle in jeopardy. However, Roy puts her to work and turns her into a little con artist.

Voice of Experience

Is a publication of the Inglewood Parks, Recreation and Community Services Department

Senior Center

Sabrina Barnes, Director Skip Halloran, Human Services Superintendent Sikizi Allen, Senior Center Programs Manager Conchita Cox, Editor

	MONDAY		TUESDAY	W	EDNESDAY
5		6		17	
9:00 a.m.	Bus Passes/Taxi Coupons	9:00 a.m.	Bus Passes/Taxi Coupons	9:00 a.m.	Bus Passes/Taxi Coupons
9:00 a.m.	Boomer "Be Well" at Hawthorne Senior Center	10:00 a.m.	•	9:00 a.m. 10:30 a.m.	Walking Class
9:00 a.m.	Walking Class	1 -	Move or Lose Swim Class	11:00 a.m.	Diabetic Support Group at
!	Cane Fu Self-Defense Class	1:30 p.m.	Yoga at Darby Park		Darby Park
12:45 p.m.	Silver Screen Classics at The Bridge			1:00 p.m.	Exercise with Tricia
1:00 p.m.	Bingo			1:00 p.m. 1:00 p.m.	Knitting and Crocheting
1.00 p.m.	Dirigo			6:00 p.m.	Shopping Trip Caregiver Support Group
12		13		14	Caregiver Support Group
9:00 a.m.	Boomer "Be Well" at Hawthorne Senior Center	10:00 a.m.	Inspirational Choir at Rogers Park	9:00 a.m. 10:00 a.m.	Walking Class Bazaar
9:00 a.m.	Walking Class	12:45 p.m.	Move or Lose Swim Class	1	Blood Pressure/Glucose
10:30 a.m.	Cane Fu Self-Defense Class	1:30 p.m.	Yoga at Darby Park	10:30 a.m.	Cane Fu Self-Defense Class
1:00 p.m.	Bingo			1:00 p.m. 1:00 p.m.	Exercise with Tricia Knitting and Crocheting
19		20		21	
9:00 a.m.	Boomer "Be Well" at Hawthorne Senior Center	10:00 a.m.	Inspirational Choir at Rogers Park	9:00 a.m. 10:30 a.m.	Walking Class Cane Fu Self-Defense Class
9:00 a.m.	Walking Class	12:45 p.m.	Move or Lose Swim Class	1:00 p.m.	Exercise with Tricia
10:30 a.m. 1:00 p.m.	Cane Fu Self-Defense Class	1:00 p.m.	Food Bank at Rogers Park	1:00 p.m.	Knitting and Crocheting
1.00 p.m.	Bingo	1:30 p.m.	Yoga at Darby Park	6:00 p.m.	Caregiver Support Group
26		27		28	
9:00 a.m. 9:00 a.m.	Bus Passes Boomer "Be Well" at Hawthorne Senior Center	9:00 a.m. 10:00 a.m.	Bus Passes Inspirational Choir at Rogers Park		
10:30 a.m.	Walking Class Cane Fu Self-Defense Class Bingo	12:45 p.m. 1:30 p.m.	Move or Lose Swim Class Yoga at Darby Park		

7	THURSDAY		FRIDAY	SATURDAY									
1 9:00 a.m. 9:00 a.m. 12:45 p.m. 1:00 p.m. 1:30 p.m.	Bus Passes/Taxi Coupons "Be Well" Program at Darby Park Move or Lose Swim Class Friends For Fun Yoga at Darby Park	11:00 a.m. 1:00 p.m.	Bus Passes/Taxi Coupons Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park	3		Cheerful Caregivers at Rogers Park Blood Pressure							
8 9:00 a.m. 12:45 p.m. 1:30 p.m.	"Be Well" Program at Darby Park Move or Lose Swim Class Yoga at Darby Park	1:00 p.m. 9 9:00 a.m. 10:30 a.m. 11:00 a.m. 1:00 p.m.	Movies at the Center Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park	10	10:00 a.m.	Cheerful Caregivers at Rogers Park Black Women's Network Blood Pressure							
15 9:00 a.m. 12:45 p.m. 1:30 p.m. 1:30 p.m.	"Be Well" Program at Darby Park Move or Lose Swim Class Yoga at Darby Park Travelairs at ICOPP	1:00 p.m.	Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park	17		Cheerful Caregivers at Rogers Park Blood Pressure							
9:00 a.m. 9:00 a.m. 12:45 p.m. 1:30 p.m.	Bus Passes "Be Well" Program at Darby Park Move or Lose Swim Class Yoga at Darby Park		Movies at the Center Bus Passes Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park Birthday Celebration			Cheerful Caregivers at Rogers Park Blood Pressure							

4	Apple juice	Mahi Mahi in Creole sauce	Lentils	Zucchini and tomatoes	tartar sauce		e Pineapple Pie	11	Crab Cake			Colecian direction greens	Whole Grain Roll	Tartar sauce	Banana	18 Vernal Equinox	Grape Juice	Chile Relleno Casserole	Ranch Corn			Prunes and Apricots	Milk	25 26	Breaded Cod & tartar sauce					Oatmeal Cookies	Milk	WIIIN	1		S. C.				
3	Orange Juice	Pork Chop	Black-eyed Peas	Penne Pasta	Warm Cornbread	Tossed Salad	Cinnamon applesauce		Sesame Chicken Broth	Sweet and Sour Pork	Steamed Rice	Buttered Broccoli	Crackers	Mandarin Oranges	Milk		Cranberry Juice	Turkey Tetrazzini	Carrots	Beet, orange, onion salad	Cornbread	Sliced Pears			Beef Stew	Tossed Salad/1000 Isle	Sliced Carrots	Whole Baby Potatoes	Warm Biscuit	Cantaloupe	Milk			· •			March	•	•
	Vegetable Barley Soup	Jambalaya Beef tips in gravy	Kice Brown Kice	Carrots		Cantaloupe	Milk Milk	10	Turkey with gravy	Bread dressing	Cut Green Beans	Sweet Potatoes	Cranberry Sauce	Tropical Fruit	Milk	St. Patrick's Day	Beef Barley soup	Stuffed Cabbage	Buttered Zucchini	Mashed Potatoes	Rye Bread	Orange Sections		24	Orange Juice	Turkey Ham	Honey Mustard Sauce	Brown and White Rice	Braised Cabbage/Spinach	Rye Roll	Blueberry Pie	31	Closed	for		Cesar	Cesar Chavez	Cesar Chavez Dav	Cesar Chavez Day
Dr. Seuss Birthday	Grape Juice	Jambalaya	Alce	Seasoned Spinach Carrots	Warm Biscuit Cole Slaw	Fresh Fruit Cup		*****	Italian Meatballs	Penne Pasta	Italian Mixed Vegetables	Tossed Green Salad	French Roll	Strawberries	Milk	16		cken Breast			Carrot Raisin Salad	on Cake		23	dnos su	sta	**	ts	Soll	Banana	milk	ır Chavez Day Meal	Orange Juice	Pork Carnitas	Refried Boans		Green Salad	Green Salad Corn Tortilla	Green Salad Corn Tortilla
	Country Meatloaf	Mashed Potatoes	Tossed Salad / Italian drag	lossed Salad / Italian unsg	Orginal Control	Orange Sections	IVIIIK		Orange Juice	Chicken drumsticks (2)	Wild and white rice	Parsley Carrots	Mixed Bean Salad	<u></u>			Meatioar with ratatouille		een beans		taloupe	Milk		2	rengo		•	ot Raisin Salad		darin Oranges		Passover begins Sundown		Whole Baby Potatoes	Creamed Spinach		Cucumber Onion salad	Cucumber Onion salad Bread	Cucumber Onion salad Bread

	Cumpleaños de Dr. Seuss	3	4	
Pan de Carne	Jugo de Uva	Caldo de Vegetal v Cebada	Jugo de Narania	Moderation of the state of the
Puré de Patatas	Jambalaya	<u> </u>	Chuleta de Cerdo	Sugo de Manizaria Mahi Mahi en Salsa Creola
Elote Chuck Wagon	Arroz		Guisante de Ojo Negro	Lentejas
Ensalada Ensalada	Espinaca Sazonada	Zanahorias	Pasta Penne	Succino v Tomate
Panecillo	Panecillo	Panecillo Ensalada de Col	Pan de Flote	Soles Totals
Pedazos de Naranja	Copa de Fruta Fresca Melón	Melón	Ensalada	Panecillo
Lecne	Teche leche	Leche	Salsa de Manzana con Canela	-
	6	10	_	-
Jugo de Naranja	Albóndigas Italianas	Pavo con Salsa	Caldo de Pollo Aioniolí	Pastel de laiba
Piernas de Pollo	Pasta Penne	Aliño de Pan	Cerdo Agridulce	Panas Au Grafin
Arroz Blanco y Salvaje	lianas	Eiotes Cortados	Arroz al Vanor	Februaries Vivedon do Mantana
Zanahorias Parsley		Papas Dulces	Brécol con Mantequila	Encolodo do Col
Ensalada de Frijol	Francés	Salsa de Arándano	Galletas	Danoille on Crane Internal
Panecillo		Fruta Tropical	Mandarinas	Colon Tartorn
Pastel de Durazno		Leche		Oaisa Taitala Plátano
	16		18	Voring Equipox
Pan de Carne	Jugo de Naranja	Caldo de Res v Cebada	Jugo de Bava	lings de l'As
Puré de Patatas	Pechuga de Pollo	Succino con Mantequilla	Pavo Tetrazzini	Caserola de Chile Belleno
Ejotes Cortados	Arroz Español	Repollo Relleno	Zanahorias	Floto Danch
Pan	Repollo al Vapor	Puré de Patatas	Ensalada de Remolacha	Erioles Refritos
Melón	y Pasas	Pan Rye	Narania v Ceholla	Pan
		Pedazos de Narania	Pan de Flote v Peras	Circolory Albariana
Leche	Leche	Leche		Cildeias y Albalicoque
	93	70	0.000	
Pollo Marendo				26
Arroz Café	Sopa de Papa Dulce con Verdes	Jugo de Naranja	Res	Bacalao con Salsa Tártara
		Jamon de Pavo		Macarrón con Queso
77	nte con Mantequilla	Salsa de Mostaza de Miel	Rebanadas de Zanahoria	Ejotes Cortados
Zanahoria y Pasas	Elote r	Arroz Blanco y Café	Papas Enteras	Ensalada de Col
	Panecillo Francès	Espinaca y Repollo al Vapor	Panecillo	Pan de Elote
arinas	Platano		Melón	Galletas de Avena
	Leche	Pastel de Arándano	Leche	Bche
ndown	Comida del Día Cesar Chavez	31		
Filete Salisbury	Jugo de Naranja	Cerrado		1
Papas Enteras	Carnitas	para el	1	
Espinaca En Cremada	Frijoles Refritos	Día de		
Ensalada de Pepino y Cebolla	Ensalada	Cesar	osani -	
Pedazos de Naranja	Tortilla de Maiz	Chavez		Ŋ
Pan	Ensalada de Fruta			
Leche Correction	Leche			



National Women's History Month

March is National Women's History Month which was first celebrated in 1978 as "Women's History Week" in Sonoma County, California. The celebration included the selection of International Women's Day, March 8, and was recognized by relatively few organizations. In 1981, Senator Orrin Hatch and Representative Barbara Mikulski co-sponsored a joint Congressional resolution recognizing National Women's History Week as an official holiday. By 1987, Congress had expanded the celebration, and March was officially declared Women's History Month.

Here are a few women that made a difference:

- Maria Agnesi was known for writing the first mathematics book by a woman that still survives and was the first woman appointed as a mathematics professor at a university.
- Elizabeth Blackwell was known for being the first woman physician as well as the first woman to graduate from medical school and a pioneer in educating women in medicine.
- Regina Anderson was known for her role in the Harlem Renaissance. She was also a librarian and a playwright. Ms. Anderson worked with groups such as the National Council of Women and the National Urban League which she represented at the United States Commission for UNESCO.

National Volunteer Week

National Volunteer Week is celebrated the week of April 18-24, 2010.

During National Volunteer Week, organizations of all types host awards ceremonies recognizing millions of our nation's volunteers for their outstanding contributions to their communities over the past year. Activities are being planned to acknowledge and show our appreciation to our dedicated volunteers.

Rural Area Medical Returns

The nonprofit organization, Rural Area Medical that transformed the Inglewood Forum into the nation's largest free medical clinic, is coming back to Southern California this Spring.

The event will be held April 27, 2010 to May 3, 2010 at the Los Angeles Memorial Coliseum in Exposition Park.

Last August, thousands of uninsured families lined up in the wee hours of the morning to claim appointments for free eyeglasses, teeth cleanings and mammograms. Among them were Orange County residents seeking care as well as local doctors, dentists and optometrists who volunteered their time. The nonprofit, which normally provides medical care in impoverished parts of rural America and in developing nations, gave away \$2,821,383 worth in care to 6,344 patients.

The group is coming back for round two, at a time when even more Californians have lost insurance coverage because of the recession.

For more information on volunteering or receiving treatment, visit www.ramusa.org

This project is funded in part through the Older Americans Act of 1965 as amended, Los Angeles Community Service Department. Department activities are open to all appropriate citizens. Discrimination on the basis of race, color or nationality is strictly prohibited by federal law.



Census 2010

Census 2010 will be conducted during February and March 2010, with the mailing of the Census 2010 questionnaire to every residential address in the nation. A complete and accurate count in Census 2010 is important to you, your family and your community.

The U.S. Census is required to be conducted every 10 years by Article I, Section 2 of the U.S. Constitution. By law, the Census must count every person residing in the United States in all 50 states, Puerto Rico, and the Island Areas. This includes people of all ages, races, ethnic groups, citizens, and non-citizens, including illegal immigrants. The first Census, counting 3.9 million people, was conducted in 1790 and has been carried out every 10 years since then. The last Census, conducted in 2000, counted a total of 281.4 million people.

Why it's important to respond to the Census:

- Your Voice in Washington: Population totals from Census 2010 will determine the number of seats each state holds in the U.S. House of Representatives. Under this process, known as "apportionment," the number of seats in the House of Representatives has grown from 106 after the 1790 Census, to 435 today. Through apportionment, states that grow in population may gain seats, while states with lowering populations may lose seats. By law, the U.S. Census Bureau must submit state population totals from Census 2010 to the President of the United States by December 31, 2010.
- Your Money: Over \$400 billion in federal funding is distributed to

- communities each year based to a large extent on the results of the U.S. Census. Besides affecting the total federal funding received by your community, data collected in the Census is used by local governments to determine exactly how that money will be used.
- Where the Jobs Go: Census data are used by the private sector as well as state and local governments to determine where new jobs and job development programs are needed.
- Community Facilities and Services:
 Want a new hospital in your
 neighborhood? How about a new
 school, fire station or public library?
 Community planners and leaders
 use Census data to decide where
 such essential facilities are most
 needed.
- Consumers: Corporations large and small use Census data for market research to determine the locations for new commercial enterprises, such as grocery stores, pharmacies and other essential services.
 Potential homebuyers use census data to research property values, median income and other demographic information about a particular community or neighborhood.

Beginning in April through July 2010, Census workers will start making door-to-door visits to all households that failed to respond to the mail-back Census 2010 questionnaire and will assist a member of the household (must be at least 15 years old) in completing the Census 2010 survey form. Your responses are required by law. Under federal law, fines of up to \$100.00 can be charged for failing to respond to the Census, and up to \$500.00 for lying on the Census questionnaire.

Reprinted from About.com US Government Info



It's Not Too Late To Prevent Diabetes

As you get older, your risk for type 2 diabetes increases. If you are age 60 or more and overweight, you are at risk for type 2 diabetes or pre-diabetes. Take these small steps to prevent or delay the onset of the disease. Lose a modest amount of weight (10 to 14 pounds for a 200-pound person) by moving more and making healthy food choices.

Start now to get moving and have fun. Physical activity can improve your strength, flexibility, and balance. Set small goals to start. Add a little more activity each day until you reach at least 30 minutes a day, five days a week.

Here are some tips for people at risk for type 2 diabetes:

Warm up – Warm ups get your body ready for physical activity. Shrug your shoulders, tap your toes, swing your arms, or move in place. Warm up for a few minutes before any activity.

Stretch – Stretching can help you be more flexible. It can make it easier for you to tie your shoes or look over your shoulder when you back up the car. Stretch when your muscles are warm. Don't stretch so far that it hurts.

Find an activity you enjoy

- Brisk walking is a great way to be active. Be sure you have proper walking shoes. Walk in safe places, such as indoor or outdoor walking paths, a shopping mall, or a community center.
- Dancing is also a fun way to be active. Get off the couch, turn on the music, and move.

Easy steps to increase daily activity

- Put away the remote control get up to change the TV channel. Stretch during commercial breaks.
- Walk around the house while you talk on the phone.
- To take more steps, park the car farther away from stores, movie theaters, or your office.
- If it is safe, get off the bus or train one stop early and walk the rest of the way.

Eat right to prevent type 2 diabetes

• Reduce the amount of food you eat to help with weight loss.

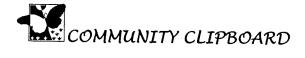
Choose healthy foods

- Whole grain foods such as whole wheat bread, crackers, and cereals, and brown rice, oatmeal, and barley
- A variety of colorful fruits and vegetables.
- Small portions of heart-healthy fats such as nuts, seeds, and vegetable oils.
- Low fat or skim milk, yogurt, and cheese.

Try these tips:

- Eat three ounce servings of meat, poultry, and fish about the size of a deck of cards.
- Choose fish and lean meat and poultry without the skin.
- Choose foods that have been baked or broiled instead of fried.
- Limit sweets and desserts. They usually contain a lot of fat as well as sugar. Have a small serving at the end of a healthy meal and not every day.
- When your grand kids visit, offer them healthy snacks such as fruit instead of cookies and chips.
- Choose water to drink.
- Eat breakfast every day.

Reprinted from U.S. Department of Health and Human Services



Senior Center Tidbits

The Senior Center sends their condolences to the families of Chester Turner who died on Friday, February 5, 2010, Hazel Bennett who died on Sunday, February 7, 2010, and Bea Crenshaw, a member of the Friends for Fun club who died on February 16, 2010.

Chester and Hazel were long time members of the Center and will be missed by all. Hazel was 97 years old.

Get well wishes to Ann Cordova and Juanita S weeney, who were recently hospitalized but are now home recuperating.

Dream Girls

On Thursday, February 25, 2010, a group of seniors went to see "Dreams Girls" at the Ahmanson Theatre.

With a cast of minimum notoriety, they all had great talent and didn't hold back any of it. The audience was entertained with good singing and performances.

It's a show worth seeing.

Staff Tidbits

Our condolences to Ingrid Delaney (Ladera Senior Center Site Manager) on the recent death of her husband, and to Sherry Jones (Site Manager at Hawthorne Senior Center) on the recent death of her nephew.

Los Angeles Food Bank

The Food Bank is still taking new sign-ups for this excellent program. This program is **FREE** to all seniors.

You must be **60 years or older** to participate in this commodity Supplemental Food Program.

Program requirements are as follows:

- California I.D. or Driver's License
- Proof of income; Social Security, SSI, or Pension (bank statement, check stub, or benefit award letter)
- Medi-Cal card

You can receive a free food kit once a month. This kit is prepared with specific nutritional needs such as: meats, canned fruits and vegetables, dry milk and related products, cereals and other grain products, plus much more.

The site for food distribution is at Rogers Park, 400 West Beach Avenue, Inglewood, CA 90302 from 1:00 p.m. to 4:00 p.m. every fourth Tuesday of the month.

Know the 10 Signs: Early Detection Matters

The Alzheimer's Association is presenting the following educational class at the Inglewood Senior Center.

What: "Know the 10 Signs: Early Detection Matters

When: Wednesday, March 24, 2010

Where: Inglewood Senior Center 330 Centinela Avenue Inglewood, CA 90301

Time: 10:00 a.m.

"One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency, We can't be kind, true, merciful, generous, or honest"...Maya Angelou

Classes, Clubs, Activities...

Classes, clubs and activities are open to persons 50 years or older who enjoy a recreational and social environment and range of activities. Offerings are free except where indicated. Some clubs, classes and activities may require a fee (membership, supplies, and/or admission, etc.) Call (310) 412-5338 for details.

Classes for Seniors

W	alking	Class
---	--------	-------

M, W & F 9:00 a.m. - 10:00 a.m.

Self-Defense Class

M, W & F 10:30 a.m. - 11:30 a.m.

Exercise with Tricia

W 1:00 p.m.—3:00 p.m. Senior Center

Knitting & Crocheting

W 1:00 p.m. - 3:00 p.m. Senior Center

Tai Chi

11:00 a.m.—12:00 p.m. Senior Center

Sewing/Arts&Crafts

F 1:00 p.m. - 3:00 p. m. Rogers Park

Yoga

Tu & Th 1:30 p.m. - 3:00 p.m. Darby Park

Clubs/Support Groups

Diabetic Support Group Lennox Senior Center 1st Tuesday (Spanish) 10:00 a.m. - 11:00 a.m.

Diabetic Support Group Darby Park

2nd Wednesday 11:00 a.m. - 12:30 p.m.

Friends for Fun (FFF) Senior Center

1st Thursday 1:00 p.m. - 3:00 p.m.

Inspirational Choir Rogers Park

Tuesday 10:00 a.m. - 12 noon

Project Advisory Council Senior Center

3rd Wednesday 1:00 p.m. - 2:30 p.m.

Travelairs I-COPPS

3rd Thursday 1:30 p.m. - 3:00 p.m.

Caregiver Support Group Senior Center

2nd & 4th Wednesday 6:00 p.m. - 8:00 p.m.

Cheerful Caregivers Rogers Park

Saturdays 10:00 a.m. - 11:30 a.m.

Senior Services Calling Card

Activities/Classes	310/412-5338
Bus Passes/Taxi Coupons	310/412-4382
Care Management	310/412-4380
Hawthorne Senior Center	310/349-1650
Home Delivered Meals	310/412-4380
Information and Assistance	310/412-4370
I-Line Shuttle	310/412-4378
Ladera Senior Center	323/298-6038
Lunch Program	310/412-5338
Lennox Park Senior Center	310/412-5439
TeleCare	310/412-4380
Transportation Dispatch	310/412-4378
Volunteer Opportunities (City Ha	11) 310/412-8750

INGLEWOOD CITY OFFICIALS

Daniel K. Tabor, District 1 Judy Dunlap, District 2 Eloy Morales, Jr., District 3 Ralph L. Franklin, District 4 Yvonne Horton, City Clerk Wanda Brown, City Treasurer

Timothy E. Wanamaker, City Administrator

Sheldon Curry, Assistant City

Administrator, Development

Jeff Muir, Assistant City Administrator, Chief

Financial Officer

Michael D. Falkow, Deputy City Administrator

Cal Saunders, City Attorney