

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

Volume XXII Number 2

February 2011

WHAT'S INSIDE:

- 1: The President's Message
- 2: Home Repair Help for Seniors
- 3: February Birthdays/Blessed Are They....
- 4: Birthday Pictures
- 5: What's New at ASC
- 6: "Walkie-Talkie"
- 7: Spotlight on Soul Line-Dancing Teacher
- 8: Upcoming Events



Gong Hay Fat Choy!

Piggy-Bank and Tiny Tickets

This past Christmas, my gift from a relative. It size of a basketball. I him a very long time to will take him a long



grandson received a special was a ceramic piggy-bank the thought, "O my, it will take fill that!". Yes, individually it time.

The Albany Senior Center has more than 500 registered users and collectively we can turn something into "gold". Please read the following information:

In 2001, BART and the [East Bay Community Foundation](#) introduced a new campaign, "Tiny Tickets," to encourage BART riders to donate the unused portion of their BART tickets to local nonprofit organizations. Tiny tickets are those BART tickets, often discarded or left in pockets or drawers, that have tiny bits of value left on them, a nickel, a dime, or more in some cases, that could be turned into cash.

FOAS qualifies to join this campaign because it is a non-profit organization. So, bring your "tiny tickets" and deposit them in the box at the front desk. Also please ask your friends and relatives for used BART tickets. FOAS will send them to BART and redeem them for cash, which in turn will benefit the Senior Center.

Thank you so much in advance for your participation in this fundraising effort. Please feel free to contact me if you have any questions or concerns about this at 510-528-4284 or via email at juliale5211@sbcglobal.net.

Julia Lee, President, FOAS



Light Up Your Life With an Extraordinary Event!

Join your friends at the Senior Center to celebrate the Year of the Rabbit with a New Year Dinner ordered from a Chinese restaurant. Menu includes: Chicken Noodle, Roast Pork, Chinese Vegetable, Cake, Ice Cream, Fortune Cookies, and Drinks. Entertainment will feature Dragon and Lion dances and traditional Chinese songs and dances.

Thursday, February 10th 4-5 pm Fee: \$5

To reserve your place, you must register by February 4th and pay at the front desk. Hurry, space is limited.





Help on Home Repairs for Elderly Homeowners



Do you have rickety stairs, leaky roof, peeling paint, faulty appliances, or just some minor needed home repair? If you are an elderly, low income homeowner in Albany or Berkeley, or neighboring area, there is an organization out there that may be able to lend you a hand. Rebuilding Together East Bay - North (RTEBN) is a Berkeley-based non-profit organization whose mission is to provide free repairs and improvements to the homes of needy residents living in Albany, Berkeley, Emeryville, Richmond and San Pablo. Rebuilding Together East Bay - North helps owners remain independent by making their homes safe to live in, and to move about. RTEBN also renovates non-profit

organization's facilities, and community centers used by low-income residents. With a focus on health and safety, they repair unsafe structural conditions, restore heat and hot water, upgrade electrical systems, repair roofs, remove fire hazards, and make structural and other modifications to improve access. Since their first projects in 1991, they have repaired over 482 homes and 124 community facilities in the Bay Area with the help of over 23,000 dedicated volunteers, generating over \$8 million in repairs. RTEBN's projects are supported by more than 1000 volunteers a year, with donations from individuals, small businesses, corporations, private foundations and government grants.

To qualify for this program, you must meet the following requirements:

- Own and live in your Albany, Berkeley, Richmond, San Pablo or Emeryville home (still owing on your mortgage is okay)
- Be low income, age 62 or over and/or have a certified disability
- In Berkeley, Richmond, San Pablo & Albany low-income guide-lines are:
1 Person / 2 Persons / 3 Persons / 4 Persons / 5 Persons/ 6 Persons
\$31,650 / \$36,150 / \$40,650 / \$45,150 / \$48,800 / \$52,400
- In Emeryville low-income guide-lines are:
1 Person / 2 Persons / 3 Persons / 4 Persons / 5 Persons/ 6 Persons
\$45,100 / \$51,550 / \$58,000 / \$64,400 / \$69,600 / \$74,750

If you meet the above guide-lines, fill out an application form and submit it to RTEBN. The application form is available online at www.rtebn.org. If you need help in getting this form, stop by the Senior Center and we will be able to help you.

Another volunteer organization similar to the above and located here in Albany is the service group of the Solano Community Church. This group, called "Count Me In", generally handles yard work, light construction, and some cleaning for elderly and low income homeowners. They usually deploy teams of 4

to 6 people to several homes on a work day in April. every year. This year the date is Saturday, April 9. Call the Solano Community Church as early as possible (510-295-8621, Pastor Andrew Hoffman) to inquire if you could be included in their work schedule.

SENIOR SERVICES SUPERVISOR

Isabelle Leduc

Albany Senior Center

Hours: 9 AM to 5 PM Monday –Friday

846 Masonic Ave. Albany, CA 94706
510-524-9122 Fax: (510) 524-8940

email: ileduc@albanyca.org
seniorinfo@albanyca.org

THE BOOSTER NEWS

is the official newsletter of THE FRIENDS OF ALBANY SENIORS at THE ALBANY SENIOR CENTER. Published nine times annually.

Editors

Zion Lee, Pat Tousant and staff
email: jandzlee1607@sbcglobal.net



February Birthdays



Bill	Anders	Jack	Gilbert	Susan	Matteson	Judith	Rogers
Ann	Arancio	Albert	Hackett	Susan	Matteson	Walter	Rowson
Ariston	Bautista	Moffett	Hall	Maureen	Mcknight	Janice	Ruchhs
Nancy	Bissell	Christine	Henri	Alice	Meier	Elizabeth	Schaaf
Consuelo	Botello	Shawn	Hewitt	Marnelle	Montecino	Sylvia	Scherzer
Dora Dean	Bradley	Nancy	Hillyard	Sandra	Morales	Barbara	Schmall
Kathleen	Cardinelli	David	Ipsen	Yoshiko	Mukai	Fred	Schowaltor
Elaine	Chan	Josephine	Jarvis	Kenneth	Nakamure	Kea	Scofield
Michael	Cookingham	Else	Kiefer	Filomeno	Ordonez	Yaode	Shen
Donna	Cummings	Christine	Leafelat	James	Oto	Anya	Silverman
Ann	Dawson	Adelle	Lemon	Phillis	Partridge	Kathryn	Stein
Sanchirico	Dorothy	Art	Leon	Phyllis	Posey	Tree G.	Stuber
Kasin	Edith	Ruth	Levitan	Gudrun	Reinath	Vasken	Tashininn
Olga	Frame	Marie	Look	Hattie M.	Relerford	Helen	Tilles
Linda	Giddings	Trinidad	Mamaril	Robin	Riesberg	Wentworth	Wong
						Margaret	Young

The February Birthday Dinner Party is scheduled for February 10 at 4:00 pm, coinciding with the Chinese New Year Celebration. Because of the special Chinese New Year dinner, you must fill out a registration form at the front desk in order to reserve a seat for yourself and your guests. (See front page for menu and entertainment.) The cost is \$5 per person, paid in advance. Space is limited.



Blessed In Aging

~By Esther Mary Walker

Blessed are they who understand
 My faltering step and shaking hand
 Blessed are they who know my ears today
 Must strain to hear the things they say.
 Blessed are those who seem to know
 My eyes are dim and my mind is slow
 Blessed are those who look away
 When I spilled tea that weary day.
 Blessed are they who, with cheery smile
 Stopped to chat for a little while
 Blessed are they who know the way
 To bring back memories of yesterday.
 Blessed are those who never say
 "You've told that story twice today"
 Blessed are they who make it known
 That I am loved, respected and not alone.
 And blessed are they who will ease the days
 Of my journey home, in loving ways.

"A Reminder That Laughter is the Best Medicine."
 CaregiverStress.com



January Birthday Dinner Party celebrities were Dave Pugatch, Jane Binder, Zetta Poli and Zion Lee. On hand to help Zetta celebrate her birthday were some of her family members who joined us for dinner. After-dinner entertainment was provided by the musical group, "Eclectic Ensemble", composed of Billie Narver, Jody Keller and Jim Ward with flutes and a clarinet. They performed several classical pieces, and played the Happy Birthday song in so many different arrangements that were quite a departure from our ordinary birthday routine. A surprise birthday party was given Zion by Julia Lee on January 20th at the Senior Center lobby, with many of the Tuesday hikers attending. It was Zion's 70th, so it was a special time for celebration.



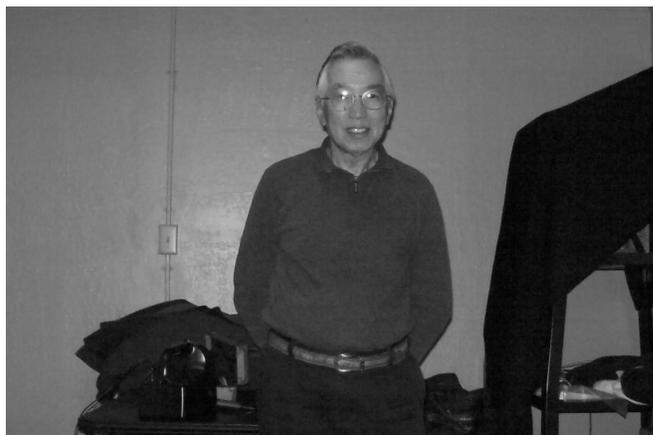
Zetta Poli and her visiting family members.



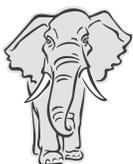
Jane Binder (left) and friends Virginia Blume and Nan Smekosfske.



The Eclectic Ensemble (From left, Billie Narver, Jody Keller, and Jim Ward) rendered Happy Birthday in many ways.



Zion Lee celebrated his 70th birthday.



White Elephants Are Coming To the Senior Center April 9, 2011.

With more storage space available in the house next door, the Senior Center is open to collect items for the Spring's White Elephant Sale organized by FOAS. This year's WES will be held on Saturday, April 9. But you are welcome to start donating *saleable* items for this biggest fundraiser event at the Senior Center. Note that items we would NOT take are: large furniture, electronics and clothing. Any questions, please call the Center at 524-9122.



ALBANY SENIOR SERVICES

is funded jointly by the following:

City of Albany

County of Alameda

Friends of Albany Seniors



What's New at the Senior Center



Have you ever imagined yourself being an actor? Or, even get nominated for an Academy Award?



Theatre Games is a new class taught by veteran theatrical teacher Billie Narver. Billie has many years of experience teaching the games to various groups. She comes to class with a suitcase full of masks and other props that help the student “actors” act out the various parts or fantasies, sometimes miming, other times talking out imaginative narratives. Laughter and lively conversation are the norm. Absolutely no experience required. So come join the troupe. The class is on Wednesdays from 1:30—2:30pm, and it’s free.

Jazzing it up with Billie (right)

Deductibles? Tax exempt? 1040? RMD? Roth IRA Conversion?

Confusing? Yes, but help is on the way! Beginning in February, **AARP is once again providing free Tax Preparation Assistance** at the Senior Center . The advisors will help you fill out the necessary forms and file them for you electronically, all free of charge. You can sign up for an appointment at the front desk This service is available on Thursday mornings, 9 am to 2pm, from February 3 through April 14. For the tax preparation, you will need to bring with you your social security card and a picture ID.

Movie and Ping Pong/Board Game times have changed.

To accommodate the AARP tax preparation, the **monthly movie** new show time is on the second Monday at 11:15 am. The next Movie is on February 14 , featuring “The Kids are Alright.” The **Board Games/Ping Pong** time is still on Thursdays, but from 3 to 5pm, after the Tax Prep. Ping Pong is a sport requiring coordination of the eyes, hands and feet. According to Dr. Daniel Amen, it’s the best brain sport. Attendance at both these activities has been picking up, so come in and join the exercise and fun! Admission is only \$1.



The Ping-Pong game is getting hot.

Everything you wanted to know about Computers but were afraid to ask.



Fear no more! Go to the Library corner, and you will find a computer, all set up and ready for you to use. If you need help, you can ask one of the staff members to give you some quick pointers. If you need more in-depth instructions, we have volunteer teachers who can give you free individual tutoring for one or more sessions. Expand your horizon: Learn how to surf the Internet, and you’ll have the whole world at your desk; write e-mails to your friends or relatives, and you can let your fingers do the talking. It is easier than you think. Tutoring sessions can be scheduled at the front desk.

Annette Kindred using our newly-installed computer.

What does the Healthcare Reform have for you? You ought to be interested.

On Monday, February 28, 11:30am—12:30pm, representatives from the Legal Assistance for Seniors/HICAP will make a presentation at the Senior Center, as part of a Community Education Series. Discussion topics will include improvements in prescription drug coverage, changes to Medicare Advantage plans, other coverage. changes in and outside Medicare, and the timeline for implementation. See you there!

“Walkie-Talkie” : Walk, Talk and Be Healthy.

By Pat Tousant

"The wheels on the bus go round and round,..."
 On 1/11/11 the Albany Seniors embarked on the 1 (first) hiking trip of the New Year. During our very cold spell in early January we headed to Land's End in San Francisco which is part of the western most coastline of the U.S. Thinking windy, cold, and a little mist, we were pleasantly surprised that it was only moderately all of the three. It proved to be a great day for the 3-mile hike just north of the Cliff House. Good hiking trails, great views of the western side of the Golden Gate Bridge from a southern viewpoint, a labyrinth to walk in, lunch overlooking the ocean, and good hiking companions made for a



Labyrinths always possess the mystically power—causing people to walk in circles, especially this one at Land’s End.

most part, the Chinese people caught and dried the grass shrimp and shipped them back to China. The town eventually died out due to restrictions imposed by the U. S. government on the way the shrimp could be caught. Remnants of the town are still there. We took a 5-mile hike along the shoreline and because of the fog we did not actually get to see much of the Bay until our return trip when the sun was shining brightly. Walking through the fog-shrouded damp narrow wooded trail on the way out, coming back the sunny trail with its vistas of the Bay, having lunch on the hill overlooking the Bay, exploring the remnants of the town, going to the museum, walking the beach, meeting Frank Quan, a fisherman whose family was the last one to make a living at the Camp, who stills lives there--all of this, plus the time with our fellow hikers--made for an experience you had to have been there for--a truly wonderful hike.-----Sign-ups begin Feb. 1, Tuesday, for the March hikes.



A museum details history of the 19th century fishing village.

great day. We are always very appreciative and thankful for outings.-----The next week we headed a different direction as we journeyed to Walnut Creek and the Contra Costa Canal Trail. Surprisingly, Walnut Creek uses the water from the Canal for drinking, etc. after it goes to a filtration plant. The paved trail, with lots of elderberry trees on its sides, ran right next to the Canal for the out-and-back 5 miles through residential areas. It was a pleasant hike on a gorgeous day. Afterward, we enjoyed our lunch together at Heather Farms Park.-----Our last hike in January I can tell you about but to get the total experience you just had to be there with us. We went to China Camp State Park in Marin County. China Camp sits on the eastern side of San Pablo Bay east of San Rafael. China Camp itself was a shrimping village established by the Chinese in the 1880's during which time about 500 people resided there. For the



Spotlight on ASC Teacher– Ray Johnson

Ray joined the ASC as a line dancing instructor last fall. The class started slowly with a few students, but word got around quickly, and it has since expanded to 8 –10 students. Ray also teaches line dancing at other locations in the area. The class at ASC is held on Thursdays from 1-3 pm, and the fee is \$4/\$5 for residents/non-residents. Try it, you may like it, as others have found out!



B.N: How long have you been a teacher at the Albany Senior Center?

Ray: Four and a half months.

B.N: Please describe the course you teach at ASC, and your teaching philosophy.

Ray: I teach a soul line dance course . The course consists of light to moderate body movements in the process of learning the basic steps of soul line dancing. The course is also designed to provide a light impact of aerobic exercise.

B.N: Can you tell us something about your background?

Ray: I was born in Bakersfield, CA. I finished high school in Oklahoma. Spent 8 years in the Air Force, graduated from college with a B.S. degree in Biology. I'm single and have lived in Oakland since 1976.

B.N: What did you do before coming to teach at ASC?

Ray: I retired from the Dept of Agriculture in 2003 in Alameda after 31 years of working as a Biological Technician. I have been soul line dancing and teaching at other senior centers prior to coming to teach at ASC.

B.N: What do you like about teaching at ASC?

Ray: The staff has been very helpful at ASC in supplying me with what I need to teach my students.

B.N: Can you relate an interesting event or anecdote in your teaching experience?

Ray: During my teaching experience the most interesting events I have encountered is learning that most people of diverse cultures had no clue what SOUL LINE DANCING is.

B.N: An interesting event, experience or undertaking in your life?

Ray: One interesting event in my life occurred this past November when I was able to parasail (a parachute takes you up while being pulled behind a boat) in the Bahamas while on a line dance cruise. This was a dream come true.

B.N: What are your hobbies, interests?

Ray: My hobbies are traveling, photography, line dancing, stained glass and wood carving.

B.N: A favorite book, or movie or both?

Ray: My favorite movie is The Longest Day, a war movie.

B.N: Two words that describe you.

Ray: **Serious** and **funny**.





Upcoming Events



**Wednesday, February 2
1-3pm**

Over 60 Health and Foot Clinic

A nurse provides free foot care, blood pressure checks, medication review, and more. Drop in only.

**Thursday, February 3
9am-2pm**

AARP Tax Assistance (every Thursday)

AARP trained volunteers will provide free tax preparation assistance. Call the Senior Center at 524-9122 to make an appointment.

**Monday, February 7
11:30am-1pm**

FOAS (Friends of Albany Seniors) Board Meeting: All are welcome. Help us continue to financially support and serve our Senior Center.

**Monday, February 7
1-4pm**

HICAP

Health insurance counseling appointments are available with Ann Bednarczyk, a volunteer counselor with HICAP. For an appointment, please call 839-0393.

**1st and 3rd Friday's
9:30-10:30am**

Mercy Brown Bag Program.

Fee: \$10 yearly donation

Distributes nutritional grocery bags of food to seniors on fixed income. Twice a month. Registration for 2010-2011 begins on July 2nd at 9am. Please bring proof of all household income and your \$10 donation to register and receive your bag.

**Thursday, February 10
4-5pm**

Chinese New Year/Birthday Dinner and Celebration

Entertainment: Chinese Lion and Dragon Dances/ Song & Dance from the Richmond Senior Center.

Registration and payment are required. Limited to 50 people. The deadline to register is Friday, February 4.

Fee: \$5.00, cash or check. Checks made payable to the Albany Senior Center.

**Monday, February 14
11:15am-1:15pm**

Movie of the Month: The Kids are Alright

Fee: \$1.00

Come join us for a late morning movie. Popcorn and soda will be served.

**Monday, February 28
11:30am-12:30pm**

Health Care Reform & Medicare: What It Means For You by LAS/HICAP

Explains improvements in prescription drug coverage and changes to Medicare Advantage plans. Outlines additional areas of medical coverage. Gives a snapshot of changes outside of Medicare. Reviews timeline for implementation.

NEW CLASSES

**Installing Your Own Irrigation System with Albany's Master Arborist, Tony Wolcott
Tuesdays in February**

5:30-7pm

Feb 1: Tapping into your water system including code requirements

Feb 8: Drip, micro-spray and spray systems

Feb 15: Installing automatic valves & control clock

Feb 22: How to design your yard's irrigation system

Registration is required.