



Are you a victim of consumer

Over the past several years, seniors in Albany have reported fraudulent mail and phone calls trying to swindle them out of their money. Recently, the Senior Center hosted a seminar presented by a representative from Legal Assistance For Seniors on how to defend against the various types of fraud targeting seniors. If you missed this talk, here is a recap of the points made:

fraud? Be on guard!

iors in Albany have reported

**Seniors are frequent targets** because they are believed to have money, property, and other investments. They are likely to be at home to get phone calls or door-to-door sales pitches.

**The Basic Scams** are Lotteries and Sweepstakes. You may be contacted by telephone to “protect” you from fraudulent activity, or asked to purchase service or products that turn out to be non-existent, worthless, and/or highly inflated.

**General Rules for Protection:** Never disclose your personal information over the telephone if you have not initiated the communication. Take the caller’s name, company affiliation and phone number and tell him you will call him back at a more convenient time. Then, have a trusted friend or family member call the person back.

**What to do if you are a victim of identity theft?** Contact the Financial Institutions and close accounts. File a police report and place a fraud alert and/or credit freeze.

**Keep Copies of All Documentation.** California Civil Code 1788.18 says that upon notice from debtor of fraudulent activity, a creditor must cease all collection activity and conduct an investigation.

**Bank Accounts and Fraudulent Withdrawals.** If an ATM or debit card is lost or stolen, report it immediately. The amount you can be held responsible for depends on how quickly you report the loss.

**Hiring Outside Help.** Be wary of strangers knocking on your door. Contractors are a common scam.

**Hiring Caregivers.** Do a background check. Keep valuables in safe deposit box or other safe place. Ask trusted friends and family to regularly drop by unannounced.

**Personal Information.** Don’t sign if you haven’t read or don’t understand them.

Ask trusted family member/friend to look them over first. Don’t give personal information over phone or email. Say you will call later to double check the number.

**Red Flags:** Salesperson tells you it is: a “limited time” offer or “you can’t bring lawyers/family members”, or “you have to pay up front”. Don’t be afraid or embarrassed to ask questions or ask for help.

Finally, if it’s too good to be true, it probably is.

**Need more help? Please contact  
Legal Assistance For Seniors:  
464 Seventh Street, Oakland, CA 9460  
1-(510) 832-3040 [www.lashicap.org](http://www.lashicap.org)**



# THE BOOSTER NEWS

## NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

Volume XXII Number 4

April 2011

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The WES pricing committee at work: From left, Pat Tousant, Barbara Van Pelt, Karen Holzmeister and Julia Lee.

### Money Talks



People do not like to talk about money. They say it is personal.

And if it is between two parties, money business is sticky business. Why sticky, because a certain level of trust is needed.

Each year, FOAS pledges to give a certain amount of money to ASC and delivers it by installments.

The amount of pledge depends on how much ASC needs to maintain the status quo. So if the city decides to reduce funding, then the more FOAS will need to fund ASC.

I see FOAS as a channel. We exist with the sole purpose of making money and channeling it out. I wish we could raise a lot of money, but this past year we were only able to raise about 7 to 8 thousand dollars – 5 K via fundraising events, 1 K

from membership dues and 1 K via monetary donations.

My late mother said to me, save pennies and you will have dollars.

This is just what FOAS did. A dollar here and a dollar there and at the end of the year we have thousands.

For all of you who have helped with the little here and the little there, I like to thank you very much. We could not have done it without all of you.

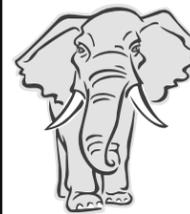
Don’t forget to come to the White Elephant and Bake Sale. We need the support of everyone who comes to the Senior Center.

Julia Lee  
President, FOAS

### Please come to the White Elephant Sale.

**Saturday April 9, 2011 9am— 2pm**

It’s time for a spring cleaning! Please go through your garage and attic and start donating *saleable* items for our biggest fundraiser event at the Senior Center. If you have a large amount of items that you cannot carry, please call the Senior Center to arrange for a pick up. Note that items we will NOT take are: large furniture, electronics and clothing. Any questions, please call the Center at 524-9122.





Chez Isabelle



Over the past few months staff has been working (behind the scene) on ways to provide you information on our activities and services in a more efficient way. The fruit of our labor will be revealed on Friday, April 1 when we launch the first Albany Senior Center E-WEEK! E-WEEK is a weekly email newsletter that we will send directly to your inbox informing you of activities at the Senior Center. E-WEEK will be sent every Friday with information for the following week. If you are reading this and wondering how you can receive E-WEEK, stop by the front desk and sign up by providing us with your email address or email us at seniorinfo@albanyca.org. If you don't have an email account, you can sign up for a free computer tutoring lesson on Monday or Friday afternoons. Our experienced and friendly tutors, Shaun and Mary, will be more than happy to set up an account for you and teach you how to access it.

Also, as part of this effort, we are incorporating the Senior Center monthly bulletin into the Booster News. From now on, you will only need to pick up one publication to get all the information on services and activities at the Albany Senior Center. We hope you like the

Booster News new and complete look!

The third Annual Senior Resource Fair is right around the corner. To be held on Thursday, April 28 from 10am-1pm, this year's event promises to be the best so far! The entire Center will be used for the fair, so that means more organizations providing valuable information to you. Also there will be free health checks, free giveaways and free lunch! Don't miss out on this informative, fun and free event!

The summer day trip calendar for trips in May through August is now available at the Senior Center. Drop by to pick one up and start planning your summer trips! Summer Trip Registration will begin Thursday, April 14 at 8:30am.

Important Updates: Current Events with Joe Como is on a new day and time. The class is now held on Wednesdays from 1:30-2:45pm. Classes beginning during the first week of the month: Papier Mache, Textile Art, Multi-medium Painting, Short Stories and Contemporary American Novel. Register at the Senior Center front desk.

Isabelle Leduc

SENIOR SERVICES SUPERVISOR

Isabelle Leduc

Albany Senior Center

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THE BOOSTER NEWS

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

by Pat Tousant

Our first hike in March took us to Pacifica environs in San Mateo County. An unknown area for most of us, the San Pedro Valley Park was a true hiking gem. The 3-mile hike was up the hill through a eucalyptus grove and coastal scrub via a slightly muddy, slick, dirt trail. At the top we could see the Pacific Ocean through gaps in the coastal hills. The hike back, with more of the same kind of trail only narrower, took us around the hill and down past some beautiful wet red-barked manzanita trees, as well as, a small tiered waterfall. A great hike—we were the only ones up



A big step for health

there—and the wet, damp conditions made it very serene and quiet. Karen sang for her transgression, (point person on the wrong trail), on the bus prior to our stopping at John's



A tiny bit of indulgence

for our ice cream fix. .... Our second trip planned for the East Peak of Mt. Tam was canceled because of rain. While the morning had only a drizzle, the forecast was ominous for the North Bay. But all was not lost—since about half the walking group showed up at the Senior Center, so we took a walk around Albany and neighboring Berkeley, walking past St. Mary High School and the castle-like mansion on Albion road near Monterey Market. Thanks to Karen Holzmeister for leading this impromptu walk. Coming back to the Center, we were pleasantly greeted by Nick Jordan, who had set up the multi-purpose room for a special second showing of the movie “The Bucket List”, complete with drinks and pop corn just for us.....

Gloomy skies persisted on the day we set out for our trip to Jack London Historical Park--but at least it wasn't raining and the ground was dry. After a little over an hour of driving, we arrived at the Park, which Jack London called the Beauty Ranch. We started on the lake trail, walking past the ranch house where Jack London and his wife Charmian used to live,

the pig palace, a vineyard and a silo. The trail led us steadily uphill, through a few muddy paths, and then it descended to a small lake (so overgrown with weeds that it resembled a pond) with muddy water from the rain. The trail at this point was poorly marked, so we had some confusing moments. Finally, our collective sense of direction prevailed, and hit on the right path back to the parking lot. At the parking lot, we ran into a few drops of rain, but nothing serious enough to wet our garments or our bag lunch. After lunch we had time to tour the Jack London Museum where many objects from the estate and historical notes about the writer were displayed. Jack London died at a young age of 40, from a sudden illness, but not before he had travelled to many continents and written 50 novels and hundreds of short stories. It was the kind of trip our walking group enjoyed the most—combining exercise of the body, lifting of the spirit and a touch of culture.....The trip schedule for May has been published at the Center and sign up begins on April 1.



...and a touch of culture.

**Spotlight on volunteer** - In this issue of Booster News we spotlight long-time volunteer Fidelia Leavitt. Fidelia has been with the Senior Center as a volunteer probably longer than anyone, and it is our pleasure to learn about her experience.



**BN:** What job do you volunteer for at the Albany Senior Center? And how long?

**Fidelia:** I have volunteered for 19 solid years as a front desk receptionist, answering the telephone, greeting people, taking appointments, and cashiering for card, CD, ticket and book sales.

**BN:** What did you do before volunteering at the Senior Center?

**Fidelia:** I had worked first for the city of Oakland, and then for the Port of Oakland for a total of over 37 years.

**BN:** How did you get started with volunteering at ASC?

**Fidelia:** After retiring I took a walk to the Albany Senior Center and was greeted by friendly, helpful and cheerful senior volunteers at the desk. I asked if there was volunteer work at the Center and they immediately said yes. So I started my volunteer career as a front desk receptionist every Wednesday from 1 pm to 5 pm. At 4 pm I stay to have dinner at the Center.

**BN:** What do you enjoy most about the job?

**Fidelia:** Meeting and helping people with all the resources the Senior Center has to offer.

**BN:** What is the most challenging part of the job?

**Fidelia:** To be able to understand clearly the incoming calls, and to provide accurate information.

**BN:** One place you'd really like to vacation and why?

**Fidelia:** My husband and I went on adventurous trips every year to different parts of the United States and other countries, and I would like to continue travelling to foreign countries.

**BN:** A favorite movie?

**Fidelia:** One Flew Over the Cuckoo's Nest starring Jack Nicholson.

**BN:** If possible, give us a few words to describe yourself:

**Fidelia:** Generous, Friendly, Helpful, Trustworthy and Compassionate.

**BN:** Any suggestion you have for our newer volunteers.

**Fidelia:** Learn from the Seniors about their life stories and past experiences in life.

**BN:** Any other interesting things you would like to mention.

**Fidelia:** I hope to be around to see the new Albany Senior Center.



Eva Abascal  
John Albino  
Kay Anderson  
Manuel Arellano  
Sharon Arnold  
David Arnold  
Joan Baker  
Alice Blandy  
Timothy Clark  
Morris Clark  
Zariffe Denegri  
Mary Doleman  
Doug Eaton  
Francine Foltz  
Gwendolyn Gardner

## April Birthdays

Rosemary George  
Martha Golden  
Owen Hatch  
Sally Hein  
Zelda Holland  
Betty Hudson  
Aiko Iseyama  
Corazon Jularbal  
Kiyomi Kawano  
Mara Keller  
Kawano Kiyomi  
Mary Laudel  
Elenita Lim  
Jeremy Lys

Midori Maeda  
Josephine Marini  
Pat Miller  
Philip Morton  
Margaret Nottlia  
Harold Olson  
Jeanne Perkins  
Juanita Peterson  
Lorin Piper  
Beverly Portis  
Sammie Releford  
Sandra Ried  
Sally Roberts  
Richard Rosman  
Charlotte Saito

Shirley Smith  
Jane Staw  
Rita Stein  
Billy Swain  
Diana Talbert  
Carol Taliaferro  
Josephine Viarengo  
Pat Washburn  
Ruth Wellemeyer  
Eleanor Westbrooke  
Tim Will  
Bobbie Wilson  
Cathie Winks  
Pearl Wong  
Chong K. Wong



**The April Birthday Dinner Party** is scheduled for Thursday, April 14 at 4:00 pm. After-dinner entertainment features performance by accomplished Koto and Sengen player Mrs. Yuri Vaughn. Koto and Sengen are classical Japanese string instruments. Koto has 13 strings, and has its origin in Japan in the 7th century. A special dinner menu will be served that evening. Space is limited and sign-up is required. Dinner cost is \$4.00. If you don't come to the dinner, come for the performance at 4:30pm.

**St Patrick's Day** was celebrated with a genuine Irish performance orchestrated by Avril Draudt, Billie Narver and Mary McKenna. Avril sang a number of traditional Irish songs, and led the audience in singing "Danny Boy" and other tunes, accompanied by Billie's bagpipe and Mary's bodhran (Irish drum). This was followed by Zion's quasi-Irish game, where participants struck "gold" with the help of a swinging Leprechaun. St. Paddy would have been pleased!



Avril, Billie and Mary –An all-Irish team



"Gold seekers" follow the path of the Leprechaun



An engaged audience: Kathleen, Al, Fran and Margie.



***In a Better World*** DOUBLE WINNER for Best Foreign Language Film!!! (2011 Golden Globe Awards and Academy Awards)

Join our *Fourth-Friday Film Club* at the Albany Senior Center on **Friday, April 22, 2011** at **3:30 pm**. You're even welcome to invite a friend to join our growing group of affable film buffs. We walk the five blocks as a group to the Albany Twin Theatre for the 4:00 pm matinee and back to the Center afterwards. Those who wish may choose to stay on and discuss the film over coffee/dinner.

- § Sign up now at the front desk!
- § Cost: \$8 (Buy ticket at theatre.)
- § Title: ***In a Better World***
- § Length: 2 hours (sub-titled)
- § Rating: MA (for mature audiences—that's us, isn't it?)



# April 2011 Calendar of Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
9am Gentle Yoga \$5/\$6 ACC 9am Needlecraft 9:30am Current Events Social \$1 11:30am Short Stories \$47/\$52 for 10 wks 4/4-6/13 12pm Gentle Tai Chi \$2/\$3 ACC 2pm Memoir (A) \$49/\$54 for 7 wks 3/14-4/25 4pm Dinner <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">                         ACC: Class held at the Albany Community Center, 1249 Marin Ave.                     </div>	9am Gentle Yoga \$5/\$6 10am World Lit. \$49/\$54 for 7 wks 3/15-4/26 2-4pm Memoir (B) \$49/\$54 for 7 wks 3/15-4/26 4pm Dinner	9am Gentle Yoga \$5/\$6 10am Papier Mache \$80/\$85 for 10 wks 4/6-6/8 10am Textile Art \$80/\$85 for 10 wks 4/6-6/8 10:15am Trad. Women Dances \$6/\$7 10:30am Gentle Tai Chi \$2/\$3 ACC 12pm Rosen Movements \$8/\$9 12:30pm Multi-Medium Painting \$80/\$85 for 10 wks 4/6-6/8 1:30pm Current Events w/ Joe \$3/\$4 3pm Cont. American Novel \$47/\$52 for 10 wks 4/6-6/8 4pm Dinner	9am Shopping: El Cerrito Plaza & 99 Ranch 9am Art Social 1-3pm Soul Line dancing \$4/\$5 3pm Games & Ping Pong 4pm Dinner	9am Gentle Yoga \$5/\$6 9am Shopping: Safeway 10am Shopping: Target 10:15am Dance & Mov. \$7/\$8 10:30am Gentle Tai Chi \$2/\$3 ACC 11am French social 12pm Bridge social 2pm Lives of Women \$47/\$52 for 10 wks 4/15-6/17 4pm Dinner <div style="margin-top: 10px;">                         1  <b>8:30am May Walking Trip Registration Begins</b>                          9:30am Brown Bag                     </div>
4 1pm HICAP	5 9am Walk: Ardenwood Historical Farm– Fremont 2pm Chair Massage	6 8:30am Trip: DI Rosa Preserve 1pm Over 60 Health Clinic	7 9am AARP Tax Assistance	8
11 11:15am Movie: Ratatouille	12 8:30am Walk: Lake Chabot Park and Boat Tour	13 8:30am Trip: Fort Ross	14 <b>8:30am Summer Trip (May-Aug) Registration Begins</b> 9am AARP Tax Assistance 9am Explore Natural Treasures 4pm Birthday Dinner	15 9:30am Brown Bag
18 9:30am Shopping: Hilltop Mall & Thrift Town 1pm HICAP	19 8:30am Walk: Cogswell Marsh Trail-Hayward	20 10:30am Trip: Treasure Island Dining	21	22 6:45am Trip: Half Moon Bay– Whale Watching 3:30pm Fourth Friday Film Club
25 9:30am Shopping: Dollar Tree	26	27	28 Free Senior Resource Fair 10am-1pm Get info about services available to you. Free admission, giveaways & free lunch!	29

**Birthday Dinner - April 14 from 4-5 pm \$4**  
 Entertainment: Koto & Sengen performance by accomplished player Ms. Yuri Vaughn.

**Albany Senior Center Resource Fair April 28 10am-1pm Free!**  
 Join us for the 3rd Annual Senior Resource Fair in Albany. Representatives from different organizations that provide assistance to seniors and caregivers will be on hand to share information on housing, healthcare, transportation and more.  
**Free Giveaways! Free Health Checks! Free Lunch!**

**AARP Tax Preparation:** Call for free appointment.  
**Brown Bag:** Distributes grocery bags of food. Registration required. \$10 yearly.  
**10 Minute Chair Massage:** Call for appoint. \$8.  
**Daily Dinner:** Sign up at the front desk ahead of time. Suggested donation \$4.  
**Explore Local Natural Treasure on Foot:** Cerrito Creek Stroll, April 14. 9am. Meet at Peet's Coffee (San Pablo Ave. and Carlson). Registration required.  
**Fourth Friday Film Club:** Meet at the Senior Center at 3:30pm & walk 5 blocks to the Albany Twin. \$8  
**HICAP:** Call 839-0393 for free appointment  
**Just-for-the-fun-of-it-socials!** - Ping pong & games, needlecraft, movie, art, French & bridge: Fee \$1. Drop in.  
**Shopping:** The Senior Center Community Shuttle provides free door-to-door shopping trips to Albany residents age 60+. Monday trips are open to non-residents (pickup at the Senior Center). Registration required.  
**Day Trip & Walking trips:** Registration required.  
**Taxi Ride Subsidy:** for Albany residents 80+ & residents w/disabilities 18+. Registration required.  
**Meals on Wheels:** Delivered 4 days/wk to home-bound seniors. Registration required.  
**Info, Resource Referrals & Form Assistance:** Up-to-date info on services and form completion assistance.  
**Computer Lab & Tutoring:** Self-serve 60 minute session. Free tutoring by appointment Mondays & Fridays afternoons.

To register or make an appointment, call the Senior Center, unless otherwise noted.  
 Albany Senior Center, 846 Masonic Ave., Albany, CA 94706 Phone: (510) 524-9122 Fax: (510) 524-8940 www.albanyca.org / email:seniorinfo@albanyca.org