

# THE BOOSTER NEWS

## NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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**Support your  
Senior Center—  
Join us for Pancake  
Breakfast  
March 21.  
Buy Your  
Tickets now!**

### The President's Message

About 15 years ago I lived in South Carolina where land was cheap. So we bought a lot by the lake and built a house there. It was not suburbia. It was farther than suburbia, much farther.

The small development was somewhere off a narrow country road, passing cows in the fields, old barns and lots of open spaces. It was an ideal place to live. But I was lonely. It was too isolated.

Recently a neuroscientist from the University of Chicago wrote a book describing how relationships affect physical health. The book is called "Loneliness: Human Nature and the Need for Social Connection", by John Cacioppo. Based on his research, social isolation has an impact on health comparable to high blood pressure, obesity, lack of exercise and smoking.

What are the social needs he mentioned?



Humans have a need to be affirmed up close and personal. We also have a need for a wider circle of family and close friends. Then there is also the need to belong to a larger group.

What is his advice? Everyday, play with the idea of trying to get small doses of the positive sensations that come from good social interactions. Just saying to someone, "Isn't it a beautiful day?" or "I loved that book!" can bring a friendly response that makes you feel better.

I thought about the Albany Senior Center which is a place to connect. You can join any of the classes or social groups that the Center offers. And if you want to have dinner and connect at the same time you can have a nutritious meal for only four dollars. The place is clean, cozy and friendly. Try it, you might like it!

Julia Lee.  
President, FOAS



**The Friends of Albany Seniors  
Pancake Breakfast  
Cooked by Albany Firemen  
Saturday March 21, 2009  
9:00 AM – 1:00 PM**

**\$8 Adults/\$4 children 6 and under**

**Tickets are \$1 more if bought after March 13  
Proceeds go to support Albany Senior Center**





## “Chez Isabelle”



Iris Burris, front desk receptionist & former FOAS president

I would like to invite you to attend a new event happening in March at the Albany Senior Center: The first Albany Senior Resource Fair. This free event will bring under one-roof organizations that serve seniors and caregivers in the community.

The event scheduled on March 26<sup>th</sup> from 10am-1pm promises to be filled with interactive booths such as acupuncture and memory screenings, and provide information on services ranging from home care services, health insurance, housing, wills & trusts, transportation and much, much more! Neighboring senior centers will also be represented. This will give us an opportunity to learn from each other, and see how comprehensive the network of services to seniors is and also identify potential gaps in service. And there will be plenty of giveaways! Lunch, prepared by Friends of Albany Seniors, will also be available for sale. So, don't miss this exciting event! Come support your Senior Center as we try to bring you the best quality services and events.

Also available March 19<sup>th</sup> from 9am-2pm are free appointments for memory screenings provided by UC Davis, Alzheimer's Disease Center. Call the Senior Center now to make an appointment. Ap-

pointments are limited. If you don't get one for the 19<sup>th</sup>, come to the Resource Fair on the 26<sup>th</sup> when memory screenings will also be available on a drop-in basis.

I want to thank Zion Lee for organizing the Chinese New Year display in the lobby. For those of you who didn't know, Zion made the wonderful dragon and the traditional Chinese hat himself. Thank you for sharing your talent with us.

Coming up mid-March is an exhibit of masks made by students in MJ Wilson's Papier Maché class held here at the Albany Senior Center. The exhibit will also include masks from her students in Walnut Creek and Danville where she teaches through the Acalanes Adult Education.

Lastly, March 21<sup>st</sup> is the Annual Pancake Breakfast Fundraiser organized by FOAS. Don't miss this traditional event; enjoy a delicious breakfast prepared by Albany Firefighters. Your attendance helps FOAS support your Senior Center.

Isabelle

### For Your Information.



**See's Candy Certificate.** Because of the price increase of See's candies, beginning **March 1st**, the price of Certificates sold at the front desk for one pound of See's Candy will be increased from \$13.00 to \$13.50. Proceeds from the certificate sale goes to support the Senior Center.

**US Postage Increase: Effective May 11.** The postage for 1 ounce 1st class mail will also go up from 42 cents to 44 cents beginning May 11, 2009. You can stock up on "forever" stamps at the current 42 cent price, and still use them after May 11.





# March Birthdays



Rosita	Arcol	Joan	Kerlinger
Bei	Brown	Janet	Manfield
Bill	Eichen	Virginia	March
Evelyn	Einstein	Walter	Price
Charlotte	Ertel	Margaret	Stone
William	Foo	Bud	Taylor
Tomasito	Griego	Dale	Thompson
Isabel	Hatch	Rosemary	Thompson
Judy	Kaer	Kiyoko	Yamada



Congratulations to Ruth Levitan, winner of the February Birthday Drawing.

The March birthday party is scheduled for March 12 at 4:00pm. After-dinner entertainment will begin at 4:15 pm. All are welcome! For people born in March, don't forget to enter your name in the **Birthday Drawing at the front desk!**

**Shop Albany.** With the economic downturn, it is all the more important that we shop local and keep our stores in Albany open. There are good reasons for shopping local. Consider the following:

- 1) A large part of the money you spend locally stays in the community.
- 2) It creates local jobs.
- 3) It reduces driving and helps the environment.
- 4) Local businesses donate to community causes at more than twice the rate of chains.

Solano Avenue is a charming, tree-lined boulevard with convenient parking for shopping. Good lighting and safe neighborhoods make it delightful for shopping or just window-shopping after dinner or the movie. Spanning about one mile through Albany, Solano Avenue hosts hundreds of businesses which include restaurants, retail shops, two theaters and pocket parks. Take a stroll up or down Solano Avenue, and visit some of the stores!

## Don't Miss out in the March Birthday Drawing!

**Congratulations to Ruth Levitan on winning the February birthday drawing!** If your name appears on the March birthday list (top of page ), you are eligible to enter in this month's drawing to win a delightful fruit basket. The list is based on the 2008 registration form you filed at the Senior Center. If you have not registered with the Senior Center since June 2008, you can make yourself eligible

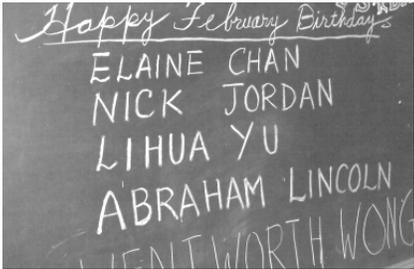


for this or a future month's drawing by **registering at the front desk.** Deadline for entering the drawing is March 30th.. Use the entry form on reverse side of this page, or ask for a form from front desk.

This drawing is sponsored by the **Friends of Albany Seniors.** Ask how to become a member of FOAS.

**February Birthday Party.** Photos by Nick Jordan

On February 12th, the dinner crowd was treated to a triple-crown event— birthday party, Valentine’s Day and Lunar New Year celebrations all in one. The occasion was made especially colorful by the presence of Cornell students in the Chinese program, who came adorned with their red and gold costumes, and performed a colorful fan dance and a lively dragon and lion dance. After that, the seniors had their Valentine fun by participating in an “Oldly” wed game — a take-off from the newly wed game. The participating couples did surprising well in answering their quizzes — some say it’s because of the nutritious food they have been getting at the Tri-City Café..



The Feb birthday list has many celebrities, including Abe Lincoln.



Some enjoy the lively conversation around the dining table.



Others appreciate the nutritious servings provided by the Tri-city Café.



Cornell students give life to three colorful lions.



The kitchen crew pause for the camera.



Winning couples of the Oldly-wed game: Sam & MiMi Tsai, Betty & Floyd Garrett



Whiles lions sleep, the dragon makes waves.



Cornell students fan the color of red.



After the fireworks, Dragon and “Son” rest at the Senior Center front lobby.

**Be the Lucky Birthday Gift Winner!**

If your birthday falls in this month, cut and fill out this form, and place it in the birthday drawing basket at the front desk for a chance to win a delightful fruit basket. Alternately, use a form available at the front desk.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Phone No. \_\_\_\_\_ Cell or 2nd Phone No. \_\_\_\_\_

**Important:** If your birthday falls in this month and your name is not on the birthday list on Page 3, it means you have not registered with the Senior Center. Make yourself eligible by registering NOW!



**FOAS fundraiser at Albany Lunar New Year Celebration on Solano Avenue.**

On February 7, FOAS participated in a food sale at the above event. FOAS was able to organize a sizeable group of volunteers in a short time. Walt Corvello was especially helpful in setting-up, and with his truck in transporting the needed equipment there and back. Julia Lee did a lot of running around (and clowning around, literally) to ensure that the supply line is full, while our servers were busy keeping our customers happy. It was our first time at this event. We netted around \$230, but we also gained much experience in operating this type of fundraising activity. We believe we can be more efficient and more successful the next time around.

*By Zion Lee*



Klara Polgar (left) with clowning friend (Julia Lee)



Volunteers: from left, Tennessee Gock, Iris Burris, Barbara Van Pelt, Helen Cameron & Hiro Henada.



Happy customers Ilona Carpenter (left), and Margaret Stone with roving salesman Zion Lee

**Pictures from Winter Ball — February 26, 2009. Photos by Staff.**



The dance attracted many new friends.



Some are definitely swingers.



While most take to the chicken dance.

**Today Is Mine** — by *Dena N. Fredric*

Today is a day that is mine!

To laugh or weep  
Be alone or with friends,  
Revel in the wonders of an early spring  
Be in awe of the beauty of nature.

Vivid colors - pale soft colors  
Scents that rush to meet you  
As one walks amidst the glories of spring,

And when you look above  
One sees the brilliant sun  
Warming the earth and the blooming shrubs.  
Fleecy white clouds scurry about  
In the vivid blue sky.

How fortunate I feel -  
This is my day with all it's wonders of nature.



## Sunshine Expressions

*by Barbara Van Pelt*



### **Fond Farewell**

To Tharon McDavid. She was a regular diner at the Senior Center. She has moved to the assisted living facility El Cerrito Royale. She will be greatly missed. She welcomes visitors.

### **Our Best Wishes**

To Anna Pugatch who continues to have health problems. She is currently at the Kyakameena Skilled Nursing Facility located at 2131 Carleton Street, Berkeley, CA 94704. She would welcome both visits and telephone calls (510)843-2131.

### **Music Please**

Suzanne Klein plays mandolin melodies. She plays a wide range of selections from old gospel hymns to 50's pop classics, and would like to volunteer playing for individual seniors in their home. If you want to be serenaded, contact her (510) 527-2538.

### **Trippin'**

A small but enthusiastic group went on the Sacramento trip to the Capitol and old town on Saturday, February 7th. Due to the budget crisis, the legislature was in session during the tour, which was a plus. A minus was the exhibit which showed the California deficit constantly increasing. County Exhibits and historic, old offices were visited. Maggie Carr says she felt a little sorry for the tour guide, who was apparently used to younger school groups who stayed together. We Albany seniors are much more independent and take off on our own. Old Town was predictably "touristy", but nice. The Railroad museum with its historic car exhibit and vintage steam engines & railroad cars was fascinating. The 1st Saturday of each month in Sacramento is free museum day so there were big crowds.

I will be gone until March 11th. My oldest grand daughter is getting married in Arizona. If a "Sunshine instance" arises while I'm gone, please call fellow committee member Fidelia Leavitt (510)524-8317 or contact Zion Lee at the Senior Center.

*Until next time!.*

### **SENIOR SERVICES SUPERVISOR**

**Isabelle Leduc**

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### **THE BOOSTER NEWS**

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## A Timely Excursion

by Gay Nichols

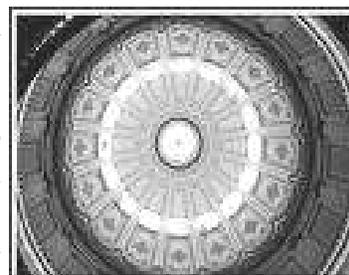
It's been a long time since I was in the 4<sup>th</sup> grade and my California history and civics knowledge has waned. That failing was soon corrected during a delightful Albany Senior Center excursion on February 7, 2009, led by Nancy Traer to the State Capitol.

Those of us who attended elementary school in California recalled that 4<sup>th</sup> grade is the year we learned about our great state in social studies. And on the drive to Sacramento Nancy provided us with a narration to remind us of what we had learned back then.

I had looked forward to the trip to see the restoration of the Capitol itself, which I had heard was splendid. And I was not disappointed. Once through the security at the entrance, we went up a flight of stairs (or elevator) where the beauty of the old building began to show itself. Parquet and mosaic floors have been restored, the rotunda elegantly painted and enormous urns of fresh flowers (paid for by docents and not by taxpayers, I was told) on pedestals highlight the rotunda area.



CA State Capitol



Rotunda

We visited rooms that have been restored from bygone years and were treated to more history and civic lessons by docents dressed in period clothing. One provided us with a lesson in how to spell our current governor's name and I will never make an error in "Schwarzenegger" again. We walked by his office, and there he was (at least his name on the door.)

My favorite part of the day turned out to be the lessons learned from docents on the next flight up in the two legislative chambers decorated with red carpet for the senate and green carpet for the assembly. This tradition came originally from England to our Nation's capitol and on to California. In England red stands for the House of Lords and green for the House of Commons.

During the weeks since the trip I have imagined our hard working legislators confined to these quarters in their efforts to come up with a revised state budget. The Governor is not allowed to enter either chamber. No wonder he is beating his chest in frustration.

(Pictures were added from Google Images.)

## Plastic Bottles: Are they Harmful? What should you do?

By Zion Lee

Polycarbonate is a hard plastic that uses a chemical called BPA in the manufacturing process. This chemical can leach from the polycarbonate plastic bottles (e.g. clear baby bottles, large reusable water dispensers, etc.) into the food or liquid it contains. Animal studies suggest that BPA may cause serious health problems in infants and children. Research in humans has also found that a high level of BPA in adults would increase significantly the risk for heart disease, diabetes or liver problems.



Here are some precautions you can take:

- 1) Drink from tap water, or from glass or stainless bottles.
- 2) If you must use bottled water, do not keep the bottles in your car, where continued heating can accelerate the chemical leaching.
- 3) Unless it is labeled *microwave safe*, do not microwave foods in plastic containers, especially margarine tubs and take-out containers which could melt.
- 4) To identify the polycarbonate bottles, turn the container over and check the recycling label enclosed in a chasing arrow symbol. Avoid bottles labeled "7", which indicates polycarbonate.



## Upcoming Events



**Monday, March 2nd  
11:30am-1:00pm**

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

**1<sup>st</sup> and 3<sup>rd</sup> 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.

**Thursdays:  
Now thru April 9  
9:00am-12:00pm**

**AARP Tax-Aide FREE!**  
If your taxes are relatively uncomplicated, you are welcome to make an appointment to meet with a tax expert who will help you file your taxes.  
Call 524-9122 for an appointment

**Thursday, March 12th  
4:00-5:00pm**

**March Birthday Party.** After-dinner entertainment starts at 4:15 pm. All are welcome.

**Saturday, March 21st  
9am-1pm**

**FOAS Pancake Breakfast:**  
Buy your tickets early.  
The price is \$8/\$4 Adults/Children.  
After March 13, they are \$9/\$5. **CHECKS PAYABLE TO FOAS.**

**Thursday, March 26th  
10am-1pm**

**Senior Resource Fair at the Albany Senior Center**  
Join us for the 1<sup>st</sup> Annual Senior Resource Fair in Albany. This event will provide the community with information on services and resources available to Seniors and their caregivers. Representatives from different organizations that provide assistance to seniors and caregivers will be on hand to share information on housing, healthcare, transportation and much, much more. Free health checks will also be available at the event.



## Upcoming Day Trips



**Wednesday, Mar. 4th  
8:30am-4:30pm**

**Muir Woods and Corte Madera-Lunch included**  
Fee: \$34 resident, \$39 non-resident  
**Registration Deadline: February 23rd**

**Wednesday, Apr. 1st  
7:30am-3:30pm**

**San Francisco Symphony- Lunch is not included**  
Fee: \$49 resident, \$54 non-resident  
**Registration Deadline: March 23rd**