

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

Volume XX Number 5

May 2009

WHAT'S INSIDE:

- 1: President's Message
- 2: Chez Isabelle
- 3: May Birthdays
- 4: Spring Art & Music Festival
- 5: White Elephant Sale
- 6: Sunshine Expressions
- 7: Swine Flu Tips
- 8: Upcoming Events/Trips



Happy customers with their bulging shopping bags at the May 2 White Elephant Sale.

The President's Message

When I was working for a company in Greenville, South Carolina, I was asked to submit my own mission statement and goals for that year. It had to be done so I did it.

Mission statements, goals, yearly objectives — they all give us direction and focus. They remind us why we are here and where we are going. It's the same with FOAS, Friends of Albany Seniors. We have a mission statement and we need to be reminded.

On Saturday June 6th, 2009, 12 p.m., we will have our Annual Membership Meeting, followed by a complimentary luncheon. So please bring your questions and ideas. We will hear reports and acknowledgements, vote for the executive board and hopefully be inspired by the display of historical photographs.



It will be something like a rally where we reconnect with old friends and welcome new members. Please renew your membership or sign up to become a member for the 2009-2010 fiscal year. Each fiscal year begins on July 1st, (which happens to be my birthday - no gift, please!) and ends on the following June 30. The annual membership fee is only \$7.00, and we will be offering a free gift this year - a specially designed FOAS pen.

As I said before, many hands make things happen. Each of you readers are called and needed. You can do your part, even in a small way. Please sign up for the Annual Meeting early so that we can estimate how many will be coming to the delicious luncheon.

Yes, we have a mission to do and together we will accomplish our goal!

Julia Lee
President, FOAS

The Friends of Albany Seniors

2009 Membership Meeting and General Election

Saturday, June 6th at 12:00 PM,

A delicious reception follows

Make your reservation at the front desk by May 28th

Renew your membership or become a new member and

receive a free FOAS pen.





Chez Isabelle



Did you know that the City of Albany now owns the house next door? In January 2008, the single family home located at 842 Masonic, adjacent to the Senior Center, was listed for sale. The home is a 3-bedroom one-bath home built in 1930 with 1,365 square feet, and includes a one-car garage.

The City purchased the property for the purpose of expanding the Senior Center recognizing that expanding the current Senior Center is important to continue to meet the needs of the growing senior population. Between 1950 and 2000, older adults in this state increased from 1.6 million to 4.7 million, an increase of 194 percent. This trend will continue as the number of people greater than 60 years old grows to 12.8 million by 2050. The first wave of Baby Boomers has turned 60 and by 2010, nearly 16 percent of Californians will be age 60 or older. In 2000, the city of Albany had 1,819 residents 65 years or older. It is estimated that the Albany senior population will increase to 4,804 citizens by the year 2030.

Approximately 2,500 people attend the Senior Center on a monthly basis. Although the Senior Center is used by a large number of Albany residents, residents from neighboring cities such as Berkeley, Kensington, Emeryville, El Cerrito, Richmond, San Pablo, Pinole and Hercules also come to participate in the activities offered.

The acquisition of the adjacent property will allow for expansion of the facility with a modest disruption of the existing facility. The expansion could provide a new classroom, parking for the new bus, new restroom and new volunteer and staff work stations.

I want to thank the Friends of Albany Seniors for their generous donation of \$7,425.00 towards the purchase of the property. I also want to thank each one of you who voiced in one way or another how important this purchase would be to seniors now and in the future. Thank you for your commitment to the Albany Senior Center.

“ Never doubt that a small group of thoughtful committed citizens can change the world.

Indeed it is the only thing that ever has.” Margaret Mead

SENIOR SERVICES SUPERVISOR

Isabelle Leduc

Albany Senior Center

Hours: 9 A.M. to 5 P.M. 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 and staff

email: jandzlee1607@sbcglobal.net



May Birthdays



Alfred	Adkins	Sheila	Moran
Lloyd	Boyce	Lovelle	Niehaus
Lois	Corte	Anna	Pugatch
Christopher	Court	Rita	Rubin
Susan	Davis	Carol	Sicherman
Irma	Distefano	Nadine	Starbuck
Hilda	Furminger	Gladys	Taketa
Virginia	Leon-Guerrero	Yolanda	Torres
Shirley	Levine	Samuel	Tsai
David	Makofsky	Elvera	Walker
Pearl	Marcos	Mike	Wall
Deborah	Marks		

The May birthday party is scheduled for May 14, at 4:00 p.m. After-dinner entertainment will feature a Cinco de Mayo celebration, complete with songs, dances and a piñata to boot. The festivities begin at 4:20 p.m. All are welcome! For people born in May, don't forget to enter your name in the **Birthday Drawing at the front desk!**

"They are beautiful!" Visitors to the Center's front lobby are saying.

Members of MJ Wilson's Papier Mache class came through once again with another extraordinary display of artwork, this time in the form of *masks*. Besides being colorful, the masks demonstrate an interesting mix of imagination, jest and the moods of the artists. They are masks of people, of animals, and something in between, in a great variety of expressions. Congratulations to the Papier Mache class! (If you have not seen it, the show lasts through the end of May.)



MJ Wilson, left, and artists Kim Smith, Barbara Trotter.



The walls of the front lobby come alive with colors and imagination.



Virginia Somerer, left, and Josephine Marini show their preferences.

Don't Miss out on the May Birthday Drawing!

If your name appears on the May 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 May 28th.. 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.

The Senior Center and the Friends of Albany Seniors joined approximately 500 area residents in celebrating the Spring Art and Music Festival on a beautiful April afternoon at the Memorial Park. Artists from our Papier Mache and Textile Arts class showcased their creations of paper animals and quilted designs under the Albany Senior Center banner. For the occasion, FOAS hosted a wine tasting booth as their fundraiser. In addition to being a great community event, the festival brought together a great number of volunteers of all ages who helped set up booths, directed traffic, tuned-up bicycles, or otherwise provided stage performances for the crowd. Without any official duties, I mostly roamed around the fairground passing out flyers about the White Elephant Sale, talked to people, and made some friends along the way. Most people I talked to were amazed at the variety of programs offered at the Senior Center and the large number of people using the facility. They were also happy to learn that the City has purchased the property next door to expand the Senior Center.

By Zion Lee.



A customer visiting the Papier Mache and Textile Arts booth.



Zion Lee among friends at the Senior Center booth.



FOAS hosted a fundraiser at the Festival.

MANY THANKS FOR THE MANY BUSY HANDS

The White Elephant Sale on Saturday, May 2, 2009 was definitely a collective effort. This includes the Lunch Corner and Bake Sale. People helped in so many different ways: Donating 'white elephants' and baked goods, sorting and pricing, setting up, sale, cashier, and clean-up, etc. The day's event netted approximately \$1000 for FOAS. The money, of course, goes to support senior activities.

To all of you who had a part in it, on behalf of FOAS, I'd like to say THANK YOU. We greatly appreciated your efforts. We could not have done it without you!



Julia Lee

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!



The FOAS Annual White Elephant Sale opened early on Saturday morning, May 2nd. The skies were gloomy with threatening rain, and went on to steady rain. But it didn't dampen the spirits of the volunteers, or the enthusiasm of the 'elephant hunters' who showed up before the door opened at 8 a.m. Entire families, adults and children, could be seen frolicking in the hunt. It was fun to see little kids' expressions upon discovering the toy they never had and wished they could have. It was equally true with adults when they found their long-sought treasures —at unbelievable prices! The plant table, organized by Doris Burleson and Priscilla Tolentino, was a hit as usual, and was sold out before 12 noon. The needle craft group, headed by Mary Fukuchi and Fidelia Leavitt, also did a brisk business. The ladies in the group, which also includes Helen Hadley and Rita Schucker, made all the items by hand, and donated all the proceeds to FOAS. Always a crowd pleaser, the bake and sandwich sale, managed by Elaine Chan, Julia Lee and Margaret Tello, exhausted its inventory around noon, and was likely our most-patronized unit. Iris Burris and Kathleen Williams kept watch over the jewelry table which attracted a great many admirers and customers. The sale ended; the rain stopped. But the people kept on smiling!

Other than those mentioned above, there were many others who contributed to make the WES a success. At the risk of overlooking some names, a brief acknowledgement follows:

Set up/ Clean up: Isabelle Leduc, Nick Jordan, Nick Mildenhall, Kathleen Murphy, Walt Corvello, Ilona Carpenter, Zion Lee, and Mary McKenna

Pricing: Kathleen Williams, Iris Burris, Maya Mizuhara, Priscilla Tolentino, Cora Jularbal, Pat Tousant, and 2 members of the Community Church

Cashiers: Margie Carr, Barbara Van Pelt, Helen Cameron, Tennessee Gock, Julia Lee

Many of the helpers had more than one job. In addition, many people donated 'white elephants' and 10 people donated cakes and cookies for the bake sale. Thank you all for a job well done!.

By Zion Lee



Iris Burris, left, and Kathleen Williams engage frequent customer Jewel Okawachi.



Walt Corvello with our makeshift WES sign.



Even mighty "elephant hunters" need a break at the Lunch Corner.



The needlecraft ladies had a big day: Helen Hadley, left, Rita Schucker, Fidelia Leavitt, Mary Fukuchi.



Doris Burleson, left, and Priscilla Tolentino decorate their table with colorful plants.



Julia Lee, left, and Elaine Chan, with their hot-selling items.

Sunshine Expressions

by Barbara Van Pelt



In Memorial

Mary Latimer passed away April 3, 2009 in Sacramento. Prior to moving to Sacramento she was very active at the Senior Center. Often for special events she would gather flowers from her neighbors and made lovely arrangements for the Center.

Recuperating

Zetta Poli from rotary cuff surgery. She wears a sling on her right arm and started physical therapy at Kaiser Oakland this week. Recovery will take up to six months. She can be reached at 510-526-4843.

Bill Foo from pneumonia. He was discharged from Alta Bates, and moved to Herrick Rehab Center. Recently, he has been moved to a private convalescent facility in El Cerrito. He would welcome both cards and visits. Address: Red Maple, 7100 Manila Ave., El Cerrito.

Fond Farewell

To Ceile Bross. A long time regular at Friday Bridge, she has moved from Albany to The Berkshire. 2235 Sacramento St., Berkeley, CA 94702.

Ed and Noah Luby who have been volunteers as servers at the Center's dinner program for over a year, recently ended their term of service. The father and son team has been a delight to the dinner crowd for their attentive and courteous service every Friday. Ed is a professor of archeology at San Francisco State University while Noah is a student at Albany Middle School and plays in the school jazz band. We will miss the Lubies.



Ed and Noah Luby with the kitchen staff at a farewell presentation in April.

Warm Welcome Back

To Anna Pugatch. She is now home from the Kyakameena Skilled Nursing Facility. She and Dave are now back eating dinner at the Center.

Volunteers

Those volunteering at the Senior Center were among those honored by the city on Thursday, April 23rd at the Albany community Center. A buffet dinner featuring salmon and chicken was enjoyed by all. Each volunteers also received a \$10 gift certificate. **Helen Cameron and Tennessee Gock**, who often volunteer at the Senior Center and other city functions, were selected Volunteers of the Year. The Mayor said volunteerism saved the City of Albany hundreds of thousands of dollars each year.

Until next time!



ALBANY SENIOR SERVICES

is funded jointly by the following:

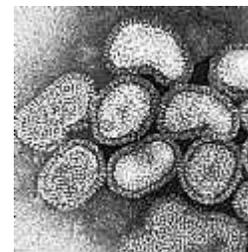
- City of Albany
- County of Alameda
- Friends of Albany Seniors





The Swine Flu Pandemic & How to deal with it -

Swine flu, which was initially only transmitted from pigs to humans, is now traveling through human to human contact, and is one of the most deadly of the flu viruses.



You might have noticed people wearing surgical masks in areas of Mexico to avoid the Swine Flu epidemic. At least 150 people have died from Swine Flu infection in Mexico and clusters of swine flu are found in areas all over the United States and around the World as well. The Swine Flu is currently under investigation by the Centers for Disease Control and the World Health Organization.

Swine flu symptoms include runny nose, muscle aches, lethargy, lack of appetite, fever over 101 and sudden onset. It is difficult to distinguish from other flu types, and does require a diagnosis.

Researchers are not yet sure if antiviral medicines such as Tamiflu or Relenza may remain effective against swine flu, although these antiviral medicines are working against the current strain. The Centers for Disease control and Prevention (CDC) are currently in the process of developing a vaccine to protect against the Swine Flu.

The Swine Flu is a combination of four known strains including Avian flu, Human Influenza and two other viruses. This new strain of influenza is not only extremely contagious but also deadly, however, there are flu pandemic preparation measures you can take to ensure you do not get the Swine flu.

What you should do -

1) Stay Home

If you are sick or have any flu-like symptoms, stay home. Do not go to work or to the Senior Center. Swine flu symptoms may mimic those of regular flu and cold symptoms.

2) Contain Your Cough

Cough or sneeze into the crook (inside elbow) of your arm. This way you do not transfer the germs to your hands and then to every object you touch. A flu mask will also help you avoid infection in enclosed spaces.

3) Wash Hands Frequently

Wash hands constantly to avoid swine flu. Anything you touch may be affected, so touch public handles and pens as little as possible.

4) Use hand Sanitizer

Carry hand sanitizer with you. If you have things others have touched, use your hand sanitizer to avoid swine flu infection. In addition, avoid shaking hands or other hand to hand contact whenever possible.

5) Avoid Crowds

Stay out of crowds as much as possible. Close proximity to other people will increase your chances of getting swine flu.

6) Eating and Drinking

Do not eat or drink after others without complete sanitization of containers or utensils.

7) Visit Your Doctor

Get to a doctor immediately if you develop symptoms of swine flu including high fever and body aches. Swine flu can be deadly, and it is imperative to get to a doctor immediately if you think you have swine flu symptoms and think you might have contracted the swine flu virus.



Upcoming Events



Monday, May 4th
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.**

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.

Thursday, May 14th
4:00-5:00pm

May Birthday Party. Entertainment: Cinco de Mayo celebration, with songs, dances and piñata.

Saturday, May 2nd
8am-2pm

White Elephant & Bake Sale
Come find great bargains at this yearly fundraiser! We'll have toys, jewelry, kitchenware, baked goods and plenty more!

Thursday's
(May 7, 14, 21, 28)
2-3pm

NEW CLASS: Gardening for Pleasure
Tony Wolcott, Master Arborist for the City of Albany, will share tips and useful information to make your gardening experience pleasurable and successful. **FREE.**

Wednesday May 13th
1-3pm

Over 60 Health and Foot Care Clinic
A nurse provides foot care, blood pressure checks, medication review, and more.
Drop in only. No appointment necessary.

Thursday, May 28th
12:30-3pm

Older Americans Month High Tea
Join us for this very special event honoring Older Americans. Come have tea and a light lunch while listening to wonderful entertainment. Decorate your table, create a unique center piece and bring your favorite teacups. Prizes will be awarded for best tables. Reserve your table now at the Senior Center.
Reservation deadline is Monday, May 18, 2009.
Admission fee includes tea and light lunch.
Admission: \$3.00 per person
Location: Albany Senior Center, Multi Use Room



Upcoming Day Trips



Thursday, June 11
10am-4:30pm

Bodega Marine Lab
Fee: \$38 resident, \$43 non-resident
Registration Deadline: June 3rd
Lunch included