

AUGUST 2020



CITY OF COSTA MESA

Parks & Community Services Department
Costa Mesa Senior Center
695 W. 19th Street
Costa Mesa, CA, 92627

Dear Costa Mesa Senior Center Family,

There have been many changes in our day to day lives; becoming accustomed to a new routine has been difficult for many of us. I continuously look for new activities to engage in and find myself doing something new, whether it's putting a puzzle together, spending too much time playing video games, or streaming movies. There has been one activity I can say I have enjoyed more than I remember; that has been getting on my bike and simply riding around my city in the evenings and enjoying the wind and sun hitting my face.

Being active has become the key for me and if you're looking for an activity to get your endorphins flowing, I suggest our new class provided by Scan Health Plan, Breath ATX / Functional Breath Performance Seated Yoga Class with Elizabeth Logue. We are fortunate to be able to offer this class virtually through Zoom and we are encouraging those interested to sign up immediately.

This isn't the only new activity or seminar we have coming for you through Zoom. We are bringing back Chair Exercise virtually in September! If you haven't joined us for one of our zoom classes yet, this is the time to sign up and join us virtually for some of your favorites exercise classes! Keep an eye out for new classes coming later this year, as we continue to add to our virtual programming and remember we are all in this together.

Enyelber Franco
Recreation Coordinator

Chair Exercise

Wednesdays, 2-2:45 p.m. | Activity #16060

Instructor: Costa Mesa Senior Center Staff

This virtual class is designed to help those with arthritis, or individual interested in improving mobility.

Tai Chi Qigong

Wednesdays, 10 – 11 a.m. (begins September 2) | Activity #16061

Sponsored by Greater Newport Physicians | Instructor: Ryan Lee

Tai Chi is a low-impact, slow-motion exercise regimen that is known to reduce stress, improve health, balance energy and calm the spirit using general flowing body movements that are easy to learn.

Breath ATX / Functional Breath Performance Seated Yoga Class

Thursdays in September 10-10:30 a.m. | Activity #16062

Sponsored by SCAN Health Plan | Instructor: Elizabeth Logue, Licensed Physical Therapist

Breath ATX is an integrated/whole system approach to health and healing utilizing evidence-based, research based breathing techniques, gentle stretching, endurance training, and meditation.

Register online at cmclassesonline.com. If you have any questions, please contact the Costa Mesa Senior Center at (714) 327-7550.

Costa Mesa Senior Center Zoom Classes & Seminars

The Costa Mesa Senior Center is now hosting weekly virtual Zoom meetings to help you connect with other members. If you are interested in participating please contact the Senior Center at (714)327-7550 or email cmseniorcenter@costamesaca.gov for more information.



Card Making | Tuesday, 9 -10 a.m.

Join Costa Mesa Senior Center Volunteer Patty Royce as she leads a craft!



Transitions Support Group | Tuesday, 11 a.m.-12 p.m

Facilitated by Community Outreach Worker Charu Mody

Are you going through life's many changes? This is a support group for those who need to talk. You will learn healthy ways of coping with issues that come up in your daily life.



Veterans Social Group | 1st & 3rd Tuesday, 1-2:30 p.m

Facilitated by Community Outreach Worker Charu Mody

Veterans of all ages are welcome to enjoy comradeship with fellow veterans.



Senior Round Table | Wednesday, 10:30 a.m.-12 p.m.

Make new friends and socialize each week as Costa Mesa Senior Center Volunteer Ruth Raskin leads this weekly group.

Seminars

Register online at cmclassesonline.com. If you have any questions, please contact the Costa Mesa Senior Center at (714) 327-7550.



Medication Used in Pain Management

Monday, September 14 | 10-10:30 a.m. | Activity #16063

Presented by Bill Liu Pharmacist, County of Orange, Health Care Agency, Older Adult Services

Medications are just one of the many strategies health care providers use to manage pain. This presentation will give an overview of the medications used for this purpose to include a discussion on the characteristics of these medications.



Guided Autobiography Class | Thursday, October 8 - November 5 10 a.m. - 12 p.m. (MUST ATTEND ALL 5 CLASSES) | Activity #16064

Presented by Volunteer Action for Aging

Guided Autobiography is a process for helping people write and share their life stories. Different themes are presented each week and class participants return the following week with a two-page story based on the theme. The stories are then shared in small groups. The result of the class is an impactful start on writing one's life story.

Looking for additional virtual meetings?

Please refer to our community partners for additional classes.

Alzheimer's Orange County

Interested in learning about virtual classes? Please email learn@alzoc.org or call the Alzheimer's Orange County helpline at (844)HELP-ALZ or (844)435-7259

Hoag Virtual Classes

Hoag is hosting several Health & Wellness activities via Facebook Live and Zoom. For more information visit <https://www.hoag.org/community-education-classes/> or call the Community Outreach Department at (888)803-3038.

Weekly Virtual Travel Trips with Nino Mohan

Join Nino on his weekly adventures around the world! Visit costamesaca.gov/virtualcommunitycenter to stay up to date on his meetings dates and times.



Zoom Cheat Sheet

What device do I need to join Zoom?

▶ You can join Zoom by calling in (audio) or by utilizing a smart phone, laptop, desktop, iPad, tablet, or other smart devices.

How can I participate in a Zoom Meeting? Is registration required?

- ▶ For Senior Center Zoom meetings, call the front desk ahead of time to obtain the meeting information that can be used to join recurring meetings.
- ▶ If you are joining by phone (audio) - Senior Center staff will provide you 1) Zoom's Meeting phone number, which is (669) 900-6833, 2) the Meeting ID, 3) and password to join the meeting.
- ▶ If you are joining by computer or another electronic device - Senior Center staff will request your email address to send you an invitation email with meeting link, meeting ID and password.

Day of the Meeting

To join by computer or other smart device such as an iPad

1. At the start time of your meeting, click on the link in your invitation email to join the meeting.
2. You may also join a meeting by going to **join.zoom.us** on any browser by entering the Meeting ID and password.
3. Please note that you will not need to create an account in order to participate in a video conference.

To join by phone (audio)

1. On your phone, dial Zoom's meeting phone number (669) 900-6833.
2. Enter the Meeting ID number and password provided by senior center staff when prompted.
3. Press *6 to mute and unmute.

Charu's Corner

What is Stress?



Currently there is a major change in our lifestyle due to COVID-19, such as mandated CDC guidelines we must follow to enter a store or being unable to gather with friends at the senior center. Stress is the body's response to external conditions, real or perceived which upsets an individual's equilibrium. It is a gap between expectation and reality. For instance, psychosocial stressors can create a great deal of stress (i.e. loss of income, loss of a loved one, divorce/separation, etc.). If these stressors are not managed well, it can affect every organ and body function including brain, nerves, heart and blood flow, the release of hormones, digestion and muscle function.

Stressors can weigh you down and it presents you with a choice. You can give in to this emptiness or find a solution. You can be grateful you are alive and what you have. We all wish we can return to our previous lifestyle, but it is not in our control. You have to find a new normal for the time being. Remember this will not last forever. Life will return to normal eventually.

Use this alone time to utilize your brain in reading, writing, coloring and engage in Senior Center Zoom meetings such as my Transitions Support Group. All these activities are stress relievers, can alleviate your mood, and generate happiness. SO BE HAPPY!

COSTA MESA SENIOR CENTER PROGRAMS ESSENTIAL PROGRAMS

The Costa Mesa Senior Center is currently closed to the public, but is available for essential services. Please give us a call us at (714) 327-7550 Monday through Friday from 8a.m to 3:30p.m. if you have questions or are in need of resources. We are also available via email at cmseniorcenter@costamesaca.gov. To stay up to date regarding other City of Costa Mesa COVID-19 closures, please visit our city website at www.costamesaca.gov.



ORANGE COUNTY MEALS ON WHEELS CAFÉ PROGRAM

The congregate lunch program has been converted to frozen meals to take home.

Meal Distribution: Every Tuesday from 10:30 a.m. to 12:30 p.m. *You may send a surrogate in your place. Please call the Senior Center for more details.*



SOCIAL SERVICES PROGRAM

Are you in need of resources or need someone to talk to about your feelings or one of life's challenges? Please leave a message for Community Outreach Worker, LCSW Charu Mody at (714) 327-7545. Charu will return your call Monday through Wednesday between 10 a.m. and 3:30 p.m.



SENIOR TAXI PROGRAM

The Senior Center is now contracting with California Yellow Cab to provide transportation services for Costa Mesa residents age 60 and older. Transportation is available for shopping in Costa Mesa and for medical appointments in Costa Mesa, Newport Beach, Huntington Beach, Fountain Valley, Santa Ana and Irvine. All trips are free of charge! Register online at www.costamesaca.gov/seniorcenter or by calling us at (714)327-7550.



SENIOR GROCERY PROGRAM

Receive non-perishable/shelf stable food items every Friday until further notice.

Line up begins at 8:30 a.m. (walk up and drive up available)

Distributions begins at 9:30 a.m. *While supplies last*



ADDITIONAL RESOURCES

Virtual Community Center

Find online activities and programs by visiting the Parks and Community Services Department virtual community center at: www.costamesaca.gov/virtualcommunitycenter

Great Plates Senior Meal Delivery Program

For qualifying seniors who are currently not enrolled in a state funded meal program. Apply at www.mealsonwheelsoc.org/great-plates-delivered or by calling (714) 263-1425 between 8 a.m.-5 p.m.

Health Insurance Counseling Advocacy Program (HICAP)

Questions about Medicare? Medicare counseling is available by phone! Please call (800) 434-0222.

Trellis

Trellis is a Costa Mesa non-profit organization that offers a variety of services provided by volunteers in the community. For more information, please call (714) 684-6616 or email isabel@wearetrellis.com

211 Orange County

Dial 2-1-1 or visit them online at www.211oc.org for food and other resources.

Orange County Covid-19 Hotline

Call 1(833)426-6411 for inquiries or resources related specific to novel coronavirus (COVID-19) in Orange County, California.

Legal Consultation

Coastline Community College Legal Clinic is offering over the phone legal counsel for certain matters. If you are in need of legal counsel call the Senior Center at (714) 327-7550 and provide your name, number, and the reason for the legal consultation. Staff will then submit your request and an attorney will contact you if they are able to assist you.



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