

## Celebrity Chef OC

BENEFITING MEALS ON WHEELS

Celebrity Chef OC, one of SeniorServ's signature special events will be held on **Thursday, June 12th at the Lyon Air Museum in Santa Ana.**

Celebrity Chef OC is a fun event featuring local celebrities and executive chefs in cooking competition. Guests enjoy great food and a silent auction featuring one-of-a-kind treasures.



Richard Karn

Celebrities scheduled to participate this year include actor, Richard Karn who played Al Borland, Tim Allen's sidekick on the TV show *Home Improvement*. Richard was also a host of the hit game show *Family Feud*. Also participating is actor, John Roselius who enjoyed roles in *Con Air*, *The Truman Show* and *Lost Highway*. John is a Huntington Beach resident and a former Meals on Wheels volunteer.

The sponsors of this year's event include ACG Orange County, Anaheim Regional Medical Center, CalOptima, Skilled Healthcare, Stradling and UPS.



## Bite after Byte: Meals on Wheels a "Life Saver"

95 year old Asger discovered SeniorServ's Meals on Wheels program through an internet search two years ago when it became difficult for him and his wife Eina to shop and prepare meals for themselves. Just a few months later, Eina experienced a debilitating stroke and was placed in a rehabilitation center. "The meals have been a lifesaver for me," stated Asger.

Four days a week Asger rides his electric scooter to a local bus stop where he boards the bus and rides six miles to visit his wife of 68 years in the rehabilitation center. "If it weren't for the meals, I would starve," Asger said.

In his earlier years, Asger earned a teaching degree in math and physics. After emigrating from Denmark in 1953, Asger and his family lived in Canada for 4 years where he earned a professional engineering degree. In 1957 they moved to Massachusetts and two years later relocated to Southern California where he has resided ever since. Asger and Eina have two retired children who both developed careers with Boeing.

Throughout his professional career, Asger worked for General Electric and General Dynamics and has also worked as a consultant. He developed 13 patents in the computer field and still uses the computer every day. "I'm good with computers, but cooking is definitely not my specialty," Asger stated with a chuckle. "I definitely want to continue with Meals on Wheels. It is a wonderful solution and the portions are perfect."



Asger Nielsen

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## Leadership Profile: Monica Mehren

Dr. Monica Mehren is a highly credentialed board member impassioned with senior health and well-being. Her breadth of medical knowledge and experience with seniors brings invaluable insight and vision to SeniorServ's Board of Directors.

A newly retired Kaiser Permanente physician of 25 years, Dr. Mehren passed her boards in Internal Medicine, Geriatrics, and Hospice/Palliative Care. "I've had an awesome career," stated the doctor. "I have my finger on the pulse of senior health, emotional issues and financial challenges."

Dr. Mehren joined the SeniorServ Board of Directors about a year ago after being inspired by her friend and mentor Dr. Ken Bell, who is also a SeniorServ Board Member.

One attribute that makes Dr. Mehren's insight into senior challenges particularly valuable is the wide range of working environments she has experienced. "I have a special knowledge base," Dr. Mehren explains. "I've experienced office practice and home care, worked in a hospital environment, skilled nursing, board and care, and assistive living."



Holly Hagler, CEO

## CEO Column

Three weeks prior to a scheduled surgery, Ruth was living in her car feeling destitute and alone. Thankfully, a friend offered her temporary housing, but Ruth still worried how she would cope following her hospital discharge. She would not be able to prepare food for herself or drive to her post-operative appointments. Ruth simply did not know where to turn for help.

The challenge of today's economy, government gridlock, and health care reform has dramatically strained current senior service systems and left many seniors like Ruth feeling desperate for answers.

During these turbulent times, SeniorServ recognizes the need for change and has adopted an exciting entrepreneurial and innovative approach to senior services. We are leveraging our resources and engaging in collaborative efforts such as Care Transitions, a program helping prevent older adults from hospital readmission by offering meals and providing referrals for transportation and other services needed after they leave the hospital.

SeniorServ hosts one of 102 Care Transitions demonstration programs funded by the Center for Medicare & Medicaid Services (CMS). We work with four area hospitals to reduce readmissions for Medicare patients. Prior to Care Transitions, all four hospitals had readmission rates over 20% in the first 30 days after discharge. Since the program's inception, patients receiving SeniorServ's assistance have experienced a 4% readmission rate. The success of this program will potentially save CMS hundreds of thousands of dollars in health care costs.

Care Transitions is especially helpful to seniors like Ruth who do not have support at home after they are discharged. After meeting with SeniorServ's Care Navigator during her hospital stay, Ruth received meals, transportation to medical appointments, housing assistance referrals, and even a Target Gift Card for essential items she could not afford on her limited budget. Ruth said, "This program has been so helpful during this difficult time. Words cannot express my gratitude."

It is this type of partnership that brings a collective consciousness essential to building healthy communities. Joining forces collaboratively is one way SeniorServ will ride the wave of what is now known as the Tsunami of Aging and help more people like Ruth.



Monica Mehren

Dr. Mehren realizes the importance of securing healthy support at home for seniors to remain living independently. "I understand what happens to seniors because I've been in their homes. I understand what not being able to afford food is. I know where help is especially welcome. Sadly, many patients go from hospital discharge to hospice."

With Dr. Mehren's help, SeniorServ's Health Care Team is currently being formed as a resource to help provide knowledge necessary for seniors to cope with health issues at home. Once formed, Dr. Mehren plans to chair this impactful initiative.

Dr. Mehren's hobbies outside the medical field include organic gardening, tennis and traveling.

SeniorServ is extremely fortunate to have the knowledge, experience and insight of Dr. Monica Mehren!

# We Feed Needs

## Volunteering Dishes Up Good Health

Last year Lu Morgan volunteered 592 hours for the senior lunch program at Los Alamitos Senior Center where she has volunteered since her husband passed away 19 years ago.

In July, Lu will celebrate her 90th birthday. How does she do it?

Studies have shown a strong relationship between volunteering and good health. Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression. This is particularly true of older volunteers, especially those who volunteer 100 or more hours per year.

Lu volunteers 4 days a week from 8am to 12pm each day. "I enjoy going", said Lu. It is something that keeps me from getting tired and lazy and it keeps me out of mischief."

In addition to volunteering at the Senior Center, Lu is also a longstanding and dedicated member of SeniorServ's Advisory Council. The council is comprised of representatives from many different cities who meet monthly to share feedback and suggestions from their respective lunch programs. "It is great to meet and learn what other sites are doing," added Lu.

Lu no longer drives and is grateful to friends who transport her to the Los Alamitos Senior Center so she can continue volunteering well into the foreseeable future.



Lu Morgan

Over 550 SeniorServ volunteers help support numerous programs and services benefiting seniors. For more information, contact SeniorServ's Volunteer Coordinator Linda Molthen at (714) 229-3377.

## Mayor Matthew Harper Delivers Meals on Wheels

On Friday, March 21st, Mayor Matthew Harper of Huntington Beach delivered meals to homebound older adults that participate in the Meals on Wheels program to show his support for the community's homebound and hungry seniors.

A recent study by The National Foundation to End Senior Hunger revealed that seniors at risk of hunger were:

- **50%** more likely to be diabetic
- **3X** more likely to suffer from depression
- **14%** more likely to have high blood pressure
- Nearly **60%** more likely to have congestive heart failure or experience a heart attack



Mayor Matthew Harper and Joan

Providing good nutrition to senior citizens is the most effective and least costly way to reduce the medical expenses that threaten to overwhelm our health-care system.

"We were excited about having Mayor Harper participate in our March for Meals campaign" said Holly Hagler, CEO at SeniorServ. "The City of Huntington Beach is a great partner helping us to care for Huntington Beach's elderly, homebound residents."

# Open House Opens Hearts

SeniorServ's Adult Day Care center located at the Buena Park Senior Center hosted an Open House on St. Patrick's Day to extend a heartfelt 'thank you' to the Buena Park City Council for their generous \$19,000 donation and ongoing support of the program.

The event provided a special opportunity for council and community leaders to experience the impact of their support by connecting personally with family members, caregivers, and Day Care participants. SeniorServ's Program Manager Pat Stewart said, "The decision to support the Adult Day Care center has not only made a difference with these families but to their community as well. I am extremely pleased and honored by the support from all who attended this event."

The Adult Day Care center provides a safe and comfortable daytime environment where seniors can enjoy games, crafts and social interaction with their peers while also offering temporary respite to family members and friends who are caring for an older loved one. The center averages 15 attendees daily, most of who experience some form of dementia.

Among the caregivers attending the event was Yashoda, wife of participant Ishwarlal who was referred to the program 3 years ago by Kaiser Permanente. Ishwarlal has enjoyed attending the day care four days a week. "It's great here. We like it," said Yashoda. "They have memory games and activities. Ishwarlal is very quiet, but he responds to the activities and seems more relaxed." Program manager Pat Stewart added, "It is truly an honor to serve these amazing individuals. I have learned so much about service, honor and respect from them. As for these families/caregivers, they are truly heroes!"

To learn more about SeniorServ's Adult Day Care program, contact Pat Stewart at (714) 826-3163.



Left to right - Pat Stewart, Program Manager, Beth Swift, City Council Member, Meg Riley, Director of Community Services and Mark Saucedo, Community Services Supervisor

## Four Steps to Updating Your Estate Plan in 2014

Once a year you should examine your estate plan to determine if life events have impacted your intentions.

### Step 1: Review your estate plan

Do you need to add or remove beneficiaries, or increase or decrease shares of your estate due to births, deaths, marriages or divorces in your family?

Have you moved to a new state? Different states have different requirements, inheritance taxes and probate laws that may make revisions to your will or trust necessary.

### Step 2: Review your choice of executor

You may want to consider naming a professional fiduciary for the role of co-executor to serve with the individual executor of your estate. Their experience in saving taxes and managing investments can be an invaluable service.

### Step 3: Review the beneficiaries of your life insurance, retirement plans and IRAs

These should be coordinated with your overall estate plan to make sure your estate is left the way you intend. If you want to remember SeniorServ in your plans, retirement assets are the most highly taxed assets making them excellent charitable gifts to support our mission.

### Step 4: Review your power of attorney and advanced health care directives

Part of your planning should include naming a power of attorney to handle your financial affairs and to make health care decisions on your behalf if you are unable to make them yourself.

If you would like more information on estate planning please contact Phil Beukema, VP Development at (714) 229-3362 or via email at [pbeukema@seniorsev.org](mailto:pbeukema@seniorsev.org)

# Health Matters



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Although the symptoms of stroke are less well known than heart attack and often more subtle, it is just as important to respond rapidly. The most common symptoms can be easily remembered using the word FAST:

**Face – Droop or uneven smile**

**Arm – Weakness, numbness or clumsiness of arm or leg**

**Speech – Slurred or difficulty speaking or understanding**

**Time - Look at the clock, note the time and call 911**

Other symptoms of a stroke can be sudden confusion, trouble seeing, trouble walking, dizziness, loss of balance or a sudden severe headache with no known cause. To be considered for all available treatment options, rapid response is critical, even if the symptoms go away.

Do you know that 80% of strokes are preventable? The old saying, “An ounce of prevention is worth a pound of cure” definitely applies in stroke care. Age, gender, and hereditary factors cannot be eliminated. But certain risk factors are modifiable; these are the keys to decreasing stroke or heart attack risk.

Risk factors we can manage are: High blood pressure, high glucose levels, high cholesterol and being sedentary or overweight. Some of these may be controlled by taking medications as prescribed by a doctor. Lifestyle changes like eating better and getting active can have a significant impact on reducing risk factors.

To remember the symptoms of a stroke think FAST. Sudden changes of the Face, Arm, or Speech, means it is Time to Call 911.



For more information contact:

Donald J. Snider, MD.  
1211 W La Palma Ave Suite 608  
Anaheim, CA 92801  
(714) 533-6910

## SeniorServ Recognizes Two Long Serving Board Members

At the March 11th Board of Directors meeting SeniorServ said “goodbye and thank you” to Don Lewis and Marcia Willett, two Board members who provided great leadership and support to the organization. Both Don and Marcia completed their terms of service on the Board of Directors.

Don Lewis, CFO at the Jaya Apparel Group, joined the Board in 2004. During his tenure on the Board, Don served as a member of the audit committee, finance committee and as Board President from 2008 to 2010. Don has been a huge advocate for SeniorServ’s programs to help keep older adults secure in home, health and heart and never without these ingredients for independence and wellness.

Marcia Willett was originally a Board Member at Senior Meals & Services. When Senior Meals & Services merged with Feedback Foundation in 2006 to create Community SeniorServ, Marcia joined the newly combined Community

SeniorServ Board of Directors. Over the years, Marcia supported the organization in many ways soliciting support from clubs and organizations that she belonged to and by helping to launch and plan Celebrity Chef OC, one of SeniorServ’s signature special events. Marcia also served as Chair for the Board’s Development & Marketing committee.

On behalf of the staff, Board of Directors and especially the clients we serve, THANK YOU to Don and Marcia for your incredible commitment and generosity!



Left to right - Jon Hill, Board Chair with Marcia Willett, Don Lewis & Holly Hagler, CEO



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## Volunteer Opportunities

**Show You Care by What You Wear** Find out how your place of employment can help support SeniorServ’s programs and services through the implementation of Casual Jean’s Day.

**Easy Ways to Support** Learn about easy ways your organization can help support the needs of older adults through recycling efforts, bake sales, candy-grams, opportunity drawings, crafting and more! If we all do our part, we can end Senior Hunger.

**Be a Team Leader and make a difference** Team Leaders needed for “Sponsor a Senior” program, Community Fairs, Special Events Coordination and more.

**Meals On Wheels drivers needed** in Garden Grove.

**Friendly Visitors Needed** Many seniors are sitting at home alone relying on their television to provide companionship. They would enjoy nothing more than the opportunity to share stories and wisdom they’ve gained from personal life experiences with an interested friendly visitor. Currently seniors are waiting for visitors in Anaheim, Santa Ana, Seal Beach and Stanton.

**For more information contact Linda Molthen, Volunteer Coordinator, at 714-229-3377 or email [lmolthen@seniorserv.org](mailto:lmolthen@seniorserv.org).**

### **NEED HELP? SENIORSERV IS HERE TO HELP!**

**For General Information:** 714-220-0224. We’re here from 8am to 4:30pm to answer your questions

**For Information on Senior Lunch Programs:** 714-229-3354

**For Information on Meals on Wheels:** 714-823-3294

**For Information on Adult Day Services:** 714-229-3369