



Reaching Out

Increasing Awareness of Information and Services

www.pasadenaseniorcenter.org

Outreach at the PSC provides a conduit for delivery of many resources and information to our senior community in general. We offer a range of topical programs of interest to our audience dealing with health, financial, housing, and other issues. Some of these information sessions are sponsored by local businesses while others are presented directly by the PSC. In addition the PSC coordinates with city and other governmental agency service providers to deliver a range of social services.

We have an organizational objective to reach out to our community and to understand and support those who may need and want access to various resources in the community. As a clearinghouse for information as well as a provider and facilitator of services, we look forward to sharing our knowledge.

I invite you to contact me directly to talk about how the PSC Outreach Program can better focus on your needs.

Tonjia Dunlap
Director of Outreach Services,
Pasadena Senior Center
tonjiad@pasadenaseniorcenter.org 626.685.6755

Medicine on Parade Thursday, June 12 at noon “Asthma – Get the Facts”

Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have asthma, the inside walls of your airways become sore and swollen. That makes them very sensitive, and they may react strongly to things that you are allergic to or find irritating.

A box lunch will be served to the first 50 individuals with confirmed reservations, compliments of Physician Associates. Make your reservation by calling (626) 795-4331.

Let's Talk Thursday Lecture Series at 10:30 a.m.

Educational lectures are offered on Thursdays for seniors to broaden their awareness of community resources and services.

June 5

Stay Debt Free

Credit Solutions

For every person who is working full time and living paycheck to paycheck, it has always been the case that being in debt is the norm. Guess what? It isn't the norm. It's an epidemic that is spreading throughout the country. Learn tips on getting out of debt.

June 19

Medical Benefits

Department of Public Social Services

Medical Assistance Programs are available to help pay for the necessary medical expenses individuals need to stay healthy. These expenses may include: hospital stays, doctor visits, prescriptions, nursing home care and other health care needs.

June 26

Down Sizing

BNEATO

Downsizing to a smaller house isn't only for empty nesters and retirees. With home prices skyrocketing and layoffs still common, many homeowners must make do with less space. For those relocating to areas of the country with hot real estate markets, downsizing might not be a choice, it may be the only option.

Refreshments compliments of
Starbucks Coffee

10 Warning Signs of Caregiver Stress

Denial: I know they are going to get better . . .
Anger: If he asks me that question one more time I'll scream!
Social Withdrawal: I don't care about the neighbors anymore.
Anxiety: What happens when I can't provide more care?
Depression: I've had it!
Exhaustion: I'm too tired for this.
Sleeplessness: What if they wander out of the house or fall and hurt themselves?
Irritability: Leave me alone!
Lack of Concentration: I was too busy to notice!
Health Problems: I can't recall the last time I felt decent myself.

To learn more tips on dealing with stress visit our Caregiving Support Group Wednesdays at 1:00 p.m. or call (626) 577-8480 Sponsored by The Center for Aging Resources www.CenterForAgingResources.org

Homeowner/Renter Rebates

The Center will be accepting appointments beginning June 23rd for Homeowner/Renter Rebates preparation. To qualify for a rebate you must be at least 62 years or older, blind or disabled.

For an appointment, call (626) 795-4331.

Other Rental Rebate Sites:
Armenian Society Relief Center
(626) 797-6208
Jackie Robinson Center
(626) 744-7332 or (626) 744-7300
Villa Parke
(626) 744-6530

Podiatry Clinical Care

Your feet play a major role in the well being of your entire body. Foot, knee, hip and even back pain can be successfully diagnosed and treated using exclusive digital and laser scan technology. Guaranteed service and on the spot health fund claims.

The Center provides on-site foot health assessment and treatment service, including diabetic care. There is a \$35 fee for service or Medicare billing is available.

For an appointment, call (626) 795-4331.

Unanticipated Circumstances

Did you know there are resources available to help with dental treatment, home modification, rental assistance and emergency funds for life threatening situations?

Individuals and/or families who have experienced an injury, illness, disability or catastrophic life event and who are suffering financial hardship could be eligible for a one-time or short-term (maximum six months) intervention.

For more information, call Tonjia Dunlap (626) 685-6755. Sponsored by Change of Life Foundation, Patron Saints Foundation and QueensCare Foundation.

Outreach throughout the Community

PSC Outreach team has expanded services to many local churches and senior complexes, by providing resources and services at their door step. Services include senior grocery shopping, food delivery, taxi vouchers, friendly visitors, fall prevention/matter of balance and education materials.

If you are a facility with homebound seniors in need of help, contact Tonjia Dunlap at (626) 685-6755.

Telephone Reassurance

“We just called to say we care.”

Anyone can fall or become ill during the night. If one lives alone, a fall or illness in the night can be disastrous. Who will know? When will help come?

Telephone reassurance is a free service that makes daily phone calls to homebound seniors. If phone contact cannot be made, the participants authorize the program to have a relative, neighbor or the police confirm their well-being.

To be placed on the list or to volunteer, call (626) 685-6755. Telephone Reassurance is also offered in Spanish and Japanese. This service is not to replace 911.

Outreach // Community Resources

Outreach Services are free, unless otherwise noted.
To learn more, or make an appointment, call (626) 795-4331

Asian Senior Advocacy addresses immigration issues, including paperwork and advocacy calls. Representative Vera Xu is available Tuesdays, Thursdays and Fridays from 9 a.m. to noon. For an appointment, contact us.

Braille Institute offers two programs. Braille Class meets Thursdays at noon in the Cliff Benedict Room. Low vision and non-sighted seniors learn basic living skills. Braille Low Vision Screenings are available the 3rd Thursday of the month from 9 a.m. to 3 p.m. Screenings require an appointment and a doctor's referral. Contact us for an appointment.

Blood Pressure & Hearing Screenings are available at 9 a.m. on the 3rd Friday of each month.

Caregivers Support Group meets Wednesdays at 1 p.m. in the Community Room. Family members and friends of seniors with dementia or Alzheimer's Disease are encouraged to participate. Call Abby at (626) 577-8480 ext. 126.

Diabetes Support Group meets the 4th Monday of the month at 1 p.m. Learn new techniques to decrease your chances of complications.

Fall Prevention provides free home safety check-ups to seniors 65 and older. For an appointment, call (626) 685-6727.

Food Program is available to low-income seniors age 60 and older on the 1st Friday of each month. To find out about qualification and registration, contact us.

Friendly Reader (Homebound Service) is offered by the Pasadena Public Library. Seniors who are unable to visit the library in person can call Christine at (626) 744-7076 to arrange for book delivery.

Friendly Visitors check in on homebound seniors 50 years or older who reside in Pasadena on Tuesday or Thursday at 10 a.m. If you would like to have a volunteer visit you or are interested in becoming a Friendly Visitor, contact us. Also offered in Spanish and Japanese.

Health Insurance Counseling and Advocacy Program

Do you have questions about Medicare, Medigaps, Medicare Advantage plans or Medicare Part D (prescription drug coverage)? HICAP is at the Center the 1st and 3rd Friday of the month. Call for an appointment.

* **Hearing Impaired Support Group** for people with hearing loss and their families. Meets Wednesdays at 10 a.m.

Home Tea Program is available to homebound seniors 50 years or older residing in Pasadena. Receive an inspirational card along with tea each month. If you would like to have tea on us, call (626) 685-6727.

*Offered in 4-week sessions with a maximum of 6 people per session.
For more information or to enroll call
(626) 685-6755

Housing Services are provided through the Housing Rights Center. For assistance, call (800) 477-5977. The walk-in clinic is located at 1020 N. Fair Oaks Ave, Pasadena (626) 791-0211.

* **Improving Your Memory Support Group** aims to reverse mental aging and restore memory. Meets Thursdays at 1 p.m.

Legal Services are provided by the Pasadena Bar Association. Free legal counseling is available to qualified low-income seniors. For eligibility and appointments, contact us.

MTA Bus Photos and Stickers are available Mondays and Wednesdays at 10 a.m. for Pasadena residents who are 62 years or older and have a valid California I.D. or Drivers License. There is a \$3 fee for each photo; \$5 fee for replacement photos. MTA Bus Pass Monthly Stickers can be purchased at City Hall, Room 106, Station 6, between the 25th and the 10th of the month. (626) 744-4428.

Notary Service is available on the 2nd and 4th Tuesday by appointment. For an appointment, contact us.

Nursing Home Care Education and phone consultations are offered by elder law attorney Carlos A. Arcos. Services are offered in English and Spanish. Contact us to schedule a telephone consultation.

Podiatry Clinical Care provides on-site foot health assessment and treatment services, including diabetic care. There is a \$35 fee for service or Medicare billing is available. Contact us for an appointment.

Postal Alert Program is a free service available to seniors 50 or older and disabled persons residing in Pasadena. This program checks on the welfare of individuals by monitoring their mail pick up. (626) 685-6732.

Rediscovering Hope for those who are grieving a death of a loved one. Meets Thursdays at 3 p.m.

S.H.O.P. is available to seniors who need assistance with grocery shopping. Volunteers shop and make deliveries on Thursdays. The fee for the service is 10% of the total grocery bill with a \$2 minimum.

Taxi Vouchers are available to seniors 60 or older who reside in Pasadena. They are issued on the 2nd Friday of the month at 9 a.m. at the PSC on a first-come, first-served basis.

Telephone Reassurance offers daily calls to homebound seniors. Call (626) 685-6755 to be placed on the call list or to volunteer. Also offered in Spanish and Japanese.

To Locate Caregivers (TLC) is offered Monday through Thursday from 9 a.m. to 1 p.m. (626) 685-6756

Visionaires meets at 1 p.m. on the 1st and 3rd Thursday of the month in the Community Room. Virginia Swanson leads this self-help support group for the visually challenged. (626) 794-6541

Outreach // Community Resources

Case Management

Senior Care Network.....	626-397-3110
Villa Esperanza Adult Day Care.....	626-449-2919
YWCA Senior Center.....	626-960-3773

Counseling Services

Alcoholism & Drug Dependency.....	626-795-9127
Bereavement Support Group.....	626-337-6650
Center For Aging Resources.....	626-577-8480
Foothill Family Services.....	626-795-6907
Grace Center.....	626-355-4545
Grandparents Support Group.....	626-744-5230
Greater Los Angeles Agency on Deafness.....	323-478-8000
Intervention Radiology.....	626-397-3608
Life Services.....	818-547-0585
Pacific Clinics.....	877-722-2737
Pasadena Mental Health.....	626-798-0907
Widow/Widower.....	626-918-2273

Emergency / Crisis "911"

Elder Abuse Hotline.....	800-992-1660
Food/Clothing/Hotel Vouchers.....	626-797-6072
Friends Outside.....	626-795-7607
Homeless Services.....	626-403-4888
Police Dept. Non-Emergency.....	626-744-4501
Salvation Army.....	626-795-8075

Employment

Career Partners.....	626-572-7272
Foothill Work Source Center.....	626-796-5627
National Hispanic on Elderly.....	626-564-1988
Senior Service America.....	626-797-7744
Women At Work.....	626-796-6870

Food Assistance, Nutrition & Lunches

DPSS - Food Stamps.....	626-791-6333
First Christian Church.....	626-798-0591
Intervale at Pasadena Senior Center.....	626-685-6751
Food Distribution.....	626-685-6755
1st Friday of the month at 9 a.m. at PSC	
Foothill Unity Center.....	626-584-7420
Beyond Shelter	
Lake Avenue Foundation.....	626-449-4960
Every Friday	

Health

Alzheimer's Day Care/Resource.....	626-351-5427
American Cancer Society.....	800-227-2345
Arroyo Seco Medical Group.....	626-795-7556
Arthritis Foundation.....	818-995-7378
Balance Solution.....	626-792-1036
Change a Life.....	909-593-7511
Community Health Alliance.....	626-398-6300
Convalescent Aid Society.....	626-793-1696
Dept. of Social Services.....	626-791-6436
Diabetic Therapeutic Shoe.....	818-956-6112
Health Care Rights.....	800-824-0780
HEAR Center.....	626-796-2016
HICAP.....	800-824-0780
Home Medical Supplies.....	626-796-5979
Huntington Hospital.....	626-397-5000
Partnership Prescription Assistance.....	888-477-2669
Pasadena Eye Medical Group.....	626-796-5325
Physician Associates.....	626-817-8331
Public Health.....	626-744-6128
Santa Anita Family Services.....	626-359-9358
SCAN Health Plan.....	800-247-5091
Social Security Office.....	800-772-1213
Stroke Associates.....	310-575-1699
Western Audiology.....	626-796-9510

Homebound Services

AAVital Link.....	818-981-1982
AARP.....	866-448-3615
Comfort Keepers.....	818-841-4040
Dept. of Motor Vehicles.....	800-777-0133
Home Dry Cleaning Service.....	626-449-5057
Home Visits.....	626-685-6755
Homebound Food Delivery.....	626-795-4331
Homebound Library.....	626-744-7076
Hot & Frozen Meals.....	626-858-8382
Independent Living Visits.....	626-967-0995
In-Home Support Services.....	888-944-4477
Meals on Wheels.....	626-449-6815
Medicare General Info.....	800-633-4227
Mobilitywerks.....	800-350-8940
PAWS (Pet Care).....	323-464-7297
Rebuild Together.....	626-798-6176
SHOP Program.....	626-685-6755
Social Security.....	626-796-0306
Stayhome Safe.....	626-792-0070
Visiting Angels/Senior Home Care.....	818-549-1400
VITAS.....	626-918-2273

Outreach // Community Resources

Legal Services

Pasadena Legal Servic.....	323-939-0506
Dispute Resolution.....	626-744-6530
Legal Notary Services.....	626-795-4331

Housing

Accent Residential & Nursing Home.....	818-401-0200
Arcadia Gardens.....	626-574-8571
Astoria at Pasadena Village.....	626-796-4303
Archstone Pasadena.....	626-796-0545
Cenntenial Place.....	626-585-0009
Chancellor Place.....	626-577-0215
CHAPS.....	626-398-6300
Concord.....	626-792-1032
Country Villa Park Marino.....	626-798-6753
Dickson Podley Realtors.....	626-795-4663
Fair Oaks by Regency Park.....	626-578-0460
Fountain Glen Properties.....	626-449-8844
Green Hotel.....	626-793-7070
Housing Rights Center.....	626-791-0211
La Pintoresca.....	626-797-1794
MASH.....	626-744-7627
Owner/Rental Assistance.....	626-577-9944
Pasadena Highlands.....	626-791-1981
Pasadena Neighborhood Housing.....	626-794-7191
Rosewood Court.....	626-398-6470
SunRise Senior Living.....	626-292-7800
Scripps Home.....	626-798-3489
The Oaks at Pasadena.....	626-356-2600
Villa Raymond.....	626-793-8030
WISE Assisted Living Ombudsman.....	800-334-9473

Shelter Programs

Bad Weather Shelter.....	888-951-8111
Casa Maria.....	626-296-8689
Door of Hope.....	626-304-9130
Hestia House.....	626-797-7652
Hill House.....	626-844-7902
Men's House.....	310-991-1867
New Revelation Baptist Church.....	626-795-0827
One Nation Under God Church.....	888-480-0007
Passageways.....	626-403-4888
Project Outreach Team.....	626-795-8471
Union Station.....	626-449-4596
Walden House.....	213-763-6220

Transportation

ACCESS Services.....	800-827-0829
METRO.....	800-371-5465
Pasadena Dial-A-Ride.....	626-744-4094
Transit (Arts Buses).....	626-744-4055
Westcoast Paratransit.....	916-988-1804

Utilities

Bulter Electric.....	626-791-7400
Edison Low-Income.....	800-684-8123
Gas Company.....	800-427-2200
HEAP (shut off notice).....	323-721-4162
Project A.P.P.L.E./Municipal Services.....	626-744-7300
Water and Power.....	626-744-4005
Weatherization.....	323-869-4500



For your next event, have you considered?

The Scott Pavilion

at the Pasadena Senior Center

Birthdays Anniversaries Religious Celebrations
Meetings Charity Events Quinceaneras

Located centrally in Old Town Pasadena, with easy accommodations for groups of 50-250 with stage, dining and dancing areas, the Scott Pavilion and Center Gardens can be an ideal location for you and your guests.

Let us ease your concerns about your special day!
If you are interested in renting the Scott Pavilion,



Join the PSC today!

APPLICATION FOR MEMBERSHIP

If you need to RENEW, but don't have your renewal statement, check here:

YES, please activate a new OR renewing membership for

- Myself for one year \$25
- Myself for three years \$60

- My spouse and myself for one year \$35
- My spouse and myself for three years \$95

- Add a Fitness Center pass for myself for one year \$60
- Add a Fitness Center pass for my spouse and myself for one year \$120

YES, the PSC is a great community resource, so count me in for a donation of

- \$5
- \$10
- \$20
- \$_____

TOTAL AMOUNT REMITTED  \$ _____

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

Cell Phone: _____

Date of Birth: _____

E-mail: _____

For dual memberships:

Spouse's Name: _____

Cell Phone: _____

Date of Birth: _____

E-mail: _____

Emergency Contact: _____

Relationship: _____

Phone: _____

Select Payment Type

- Check*
- Mastercard
- Visa
- American Express

* Payable to the Pasadena Senior Center

Name on Credit Card _____

Credit Card Number _____

Expiration Date _____

V-Code (3-digit code on back of card) _____

Signature _____

Thank You!

Join the PSC today!
APPLICATION FOR MEMBERSHIP

If you need to **RENEW**, but don't have your renewal statement, check here:

YES, please initiate a new 99 membership for me:

- 1 year for one year \$20
- 3 years for three years \$50
- 5 years for five years \$75
- 10 years for ten years \$125
- Add a Pasadena Senior Center pass for myself for one year \$20
- Add a Pasadena Senior Center pass for my spouse and myself for one year \$20

NO, the PSC is a great community resource, so could use to be a member of:

1 year 3 years 5 years 10 years

TOTAL AMOUNT DEDUCTIBLE: \$

Select Payment Type

Name: _____
Address: _____
City/State/Zip: _____
Home Phone: _____
Cell Phone: _____
Date of Birth: _____
E-mail: _____

For dual memberships:
Spouse's Name: _____
Cell Phone: _____
Date of Birth: _____
E-mail: _____

Emergency Contact:
Relationship: _____
Phone: _____

Select Payment Type

Check
 Mastercard
 American Express
 Visa

Payable to the Pasadena Senior Center

Name on Check Card: _____
Credit Card Number: _____
Expiration Date: _____
I understand my card is on file and will be used for future payments.
 Yes No

Thank You!

Pasadena Senior Center • 85 East Holly Street, Pasadena, CA 91103 • phone (626) 795-4331

Membership

If you aren't already a Member of the Pasadena Senior Center, you are missing out.

The PSC is a long serving Pasadena independent non-profit institution networking people, opportunities and resources.

Whether facilitating access to a Fitness Center staffed with people who understand your unique needs, offering thought provoking afternoon lectures from professors at our community's world renowned educational institutions, or opening the door to services you may need as you navigate through your daily routine, the PSC serves to serve you.

If you have questions about joining the PSC, contact the Front Desk and ask to speak with our Membership Coordinator, Yolanda Gallegos or Sylvia Chinn, our Director of Development. The PSC can be reached at 626.795.4331.

You'll see our Membership Form on the reverse of this page. Fill it out TODAY and become a member of the PSC.

Pasadena Senior Center
85 East Holly Street
Pasadena, CA 91103

Membership



Contact Us

(626) 795-4331

www.pasadenaseniorecenter.org

Cynthia Rosedale, Acting Executive Director
Director of Events & Senior Olympics
(626) 685-6724 CynthiaR@pasadenaseniorecenter.org

Alan Barasorda, Director of Finance
(626) 685-6723 AlanB@pasadenaseniorecenter.org

Sylvia Chinn, Director of Development
(626) 685-6730 SylviaC@pasadenaseniorecenter.org

Tonjia Dunlap, Director of Outreach Services
(626) 685-6755 TonjiaD@pasadenaseniorecenter.org

John Haglund, Director of Communications
(626) 685-6701 JohnH@pasadenaseniorecenter.org

Raul Martinez, Director of Programs & Operations
(626) 685-6706 RaulM@pasadenaseniorecenter.org

Center Hours

Monday -
Friday

8:30 a.m.
to
4:30 p.m.

Saturday

8:30 a.m.
to
3:00 p.m.

Sunday
CLOSED

NOTE:

The Center is open for general use and special events beyond the above Office hours.

Non-Profit Org.
U.S. POSTAGE
PAID
Pasadena, CA
Permit No. 1454