

Senior Crossroads  
 NorCal Armenian Senior Services  
 1818 Gilbreth Road, Suite 132  
 Burlingame, CA 94010  
 650-697-7474

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# SENIOR CROSSROADS

## ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

March/April 2015

### EXCURSIONS ~ ~ ~ Երգապտյուներ



**Daffodil Hill**  
 And  
**Jackson Rancheria**  
**Tuesday, March 10**



It's time to be outdoors to enjoy the spring flowers. We are headed to visit the Daffodil Hill which is a 4 acre farm owned by the McLaughlin family since 1887. There are more than 300,00 bulbs with 300 varieties of daffodils. After visiting this spectacular site, we will go to Jackson Rancheria Casino. The casino will give \$20 free slot play or \$25 table game coupon.

**Cost: \$50 per person**  
**\$40 NorCal members**  
 includes bus transportation. Lunch is on your own at the casino.

For reservations call by **March 3, (650) 697-7474.**

**Cancellation Policy:** no refunds can be made unless a replacement can be found.



**Daffodil Hill**  
 And  
**Jackson Rancheria**



**Երեքշաբթի, Մարտ 10**

Ժամանակն է վայելելու բացօդեան և գարնան ծաղիկներ: Պիտի այցելենք նարգիսի բուրդ չորս հողամասի վրայ որ կը պատկանի McLaughlin ընտանիքին 1887ի վեր: Հոն կան 300,000 ծաղիկներու սոխեր և 300 տարբեր նարգիսի տեսակներ: Այս շքեղ տեսարանեն վերջ պիտի երթանք Jackson Rancheria casino. Խաղատունը կուտա մեքենայի խաղի համար \$20 կամ \$25 սեղանի խաղի համար:

**Գինը: \$50** անձ գլուխ  
**\$40** Նորգալի անդամներու

Որ կը բովանդակէ պասի ճամբորդութիւնը: Կէսօրուայ ճաշը ձեր սեփական է, կրնաք ընտրել գազինոյի մէջի տարբեր ճաշարաններէն: Ապահովելու համար հեռաձայնեցէք մինչեւ **Մարտ 3 (650) 697-7474.**

**Պայմանագրի Չնջում:** Ոչ ձեր վճարումը չի պիտի վերադարձուի, բացի եթէ ուրիշ անձ մը գտնուի ձեր տեղը: Բերէք ձեր հետ ID-ի գարտը:

Please check NorCal's website  
 With the latest announcements and photos from our events

- Bay Area Community Calendar 2015**
- ◆ **Tuesday, March 3 ~ NorCal Hye Days, RSVP (650) 697-7474**
  - ◆ **Saturday, March 7 ~ Women World Day of Prayer at St. Vartan Church at 11 a.m.**
  - ◆ **Tuesday, March ~ NorCal Excursion to Daffodil Hill and Jackson Rancheria Casino**
  - ◆ **Saturday, March 14 ~ NorCal Annual Membership Meeting at 10 a.m. at NorCal Office**
  - ◆ **Sunday, April 5 ~ Easter**
  - ◆ **Tuesday, April 7 ~ NorCal Hye Days, RSVP (650) 697-7474**
  - ◆ **Tuesday, May 5 ~ NorCal Hye Days, RSVP (650) 697-7474**
  - ◆ **Tuesday, June 2 ~ NorCal Hye Days, RSVP (650) 697-7474**

**Pickup Locations**

**Stones Town Shopping Center** - Leave 8:00 a.m. - Return 6:30 p.m./apprx.  
**San Francisco:** Masonic Lodge(855 Brotherhood Way) -Leave 8:15 am. Return appx. 7:15pm  
**East Bay:** St. Vartan Church -leave 9:00 a.m./apprx. return 6:30p.m.  
**Cupertino/South Bay:** Call for transportation

# "HYE DAYS"

Tuesday, March 3, 2015

10 am ~ 3 pm

Coffee, Tea & Snack

**Sponsored by:**

Mr. & Mrs. Joe & Araxie Bezdjian  
(In memory of their respective  
parents)

**Presentation:**

Archpriest Fr. Datev Harutyunian  
"Journey Through Lent"

Lunch.....Fun & Games

Bingo and more fun

**RSVP: Please call**

NorCal office

650-697-7474



Tuesday, April 7, 2015

10 am ~ 3 pm

Coffee, Tea & Snack

**Sponsored by:**

Mrs. Carol Rustigian  
(In Memory of her Husband,  
Mr. George Rustigian)

**Presentation:**

Dr. Linda Abajian  
"Happiness and Joy"

Lunch.....Fun & Games

Bingo and more fun

**RSVP: Please call NorCal office**

650-697-7474



You are cordially invited to attend  
NorCal Armenian Senior Services

Annual Membership Meeting

Saturday, March 14, 2015, 10:00 a.m.  
at the NorCal Office

1818 Gilbreth Road, Suite 132, Burlingame



Հնրհաւոր Տարեդարձ **Happy Birthday!**

Diana Toomajian ~ March 1  
Hrantuhi Kaprielian ~ March 6  
Gladys Kiredjian Dahlberg ~ March 7  
Hovaness Hovanessian ~ March 10  
Aline Kalfayan ~ March 13  
Alberta Eremian ~ March 14  
Shake Ohanessian ~ March 18  
Wilma Kapa ~ March 21  
Edward Rose ~ March 27  
Nevart Apkarian ~ March 29

Armenuhi Arsenian ~ April 5  
Zaruhi Kapeghian ~ April 5  
Anahid Issahakian ~ April 10  
Vartanoush Mardirossian ~ April 12  
Mayranoush Akay ~ April 15  
Sarkis Kouzoujian ~ April 18

† **Condolences**

Our deepest sympathies to Mrs. Caline Soghikian and Family, on the passing of your beloved Husband, Father and Grandfather, **Dr. Krikor Soghikian.**

Our deepest sympathies to Mrs. Shake Ohanessian and Family on the passing of your beloved Husband, Father, Grandfather and Great Grandfather, **Mr. Aram Ohanessian.**

May God Bless their souls. Աստուած հոգիներն լուսաւոր է:

**Bus transportation** available from the following pick up locations: **Please RSVP**

**East Bay Seniors:** Pick up at St. Vartan Church - leave 9:15 a.m. return 4:00 p.m./apprx.

**San Francisco Seniors:**

Stonestown Shopping Center - **Pick up 9:45 a.m.** - Return 3:20 p.m./apprx.

KZV School (825 Brotherhood Way) - **Pick up 9:45 a.m.** - Return 3:20 p.m./apprx.

If you wish to be a sponsor or presenter for the "Hye Days" program, please call the NorCal Office (650) 697-7474

### Health Tips

Q. How do the symptoms of a heart attack differ in women versus men?

A. In both men and women, the most common heart attack symptom is pain or discomfort in the center of the chest. Women, however, are more likely than men to experience other symptoms, particularly:

- ◆ Shortness of breath
- ◆ Nausea/vomiting
- ◆ Lightheadness
- ◆ Breaking into a sweat
- ◆ Pain in other areas of the upper body, such as the back, arm, neck, jaw or stomach

If you experience any of these symptoms, even if you're not sure it's a heart attack, call 911 or the emergency number in your area. Quick treatment could save your life.

### Հարց – Պատասխան

#### Առողջապահական Գիտելիքներու Մասին

**Հարցում.**— Ի՞նչ ձեռով սրտի կաթուածի ախտանշանները կիներու մօտ կը փարբերին այրերէն:

**Պատասխան.**— Ընդհանրապէս այրերու եւ կիներու մօտ սրտի կաթուածի ախտանշանները կուրծքի մէջտեղի ցաւն ու անհանգստութիւնն են: Սակայն կիները այրերէն հերբեւեալ փարբեր ախտանշանները կրնան ունենալ.—

- ◆  Շունչի նեղութիւն
- ◆  Սրտխառնուք եւ փսխուք
- ◆ Գլխապտոյտ
- ◆  Քրորինք
- ◆ Ցաւ մարմնի վերի մասերուն մէջ ինչպէս՝ կրծնակի, բազուկի, վիզի, կզակի կամ սրամոքսի:

Եթէ վերոյիշեալ ախտանշաններէն որեւէ մէկը ունենաք, նոյնիսկ եթէ վստահ չէք որ սրտի կաթուած է, անմիջապէս »:: կամ ձեր շրջանի շրապ օգնութեան թիւին հեռաձայնեցէք: Արագ դարմանումը ձեր կեանքը կրնայ փրկել:

## 6 ways you can prepare to “age well”

You're probably already doing a lot to ensure that you stay in good health and are able to enjoy your later years: eating right, exercising, getting checkups and screenings as recommended by your doctor. But it also makes sense to have some contingency plans for the bumps in the road that might occur.

1. **Adapt your home.** Stairs, baths, and kitchens can present hazards for older people. Even if you don't need to make changes now, do an annual safety review so you can make necessary updates if your needs change.
2. **Prevent falls.** Falls are a big deal for older people - they often result in fractures that can lead to disability, further health problems, or even death. Safety precautions are important, but so are exercises that can improve balance and strength.
3. **Consider your housing options.** You might consider investigating naturally occurring retirement communities (NORCs). These neighborhoods and housing complexes aren't developed specifically to serve seniors - and, in fact, tend to host a mix of ages - but because they have plenty of coordinated care and support available, they are senior-friendly.
4. **Think ahead about how to get the help you may need.** Meal preparation, transportation, home repair, housecleaning, and help with financial tasks such as paying bills might be hired out if you can afford it, or shared among friends and family. Elder services offered in your community might be another option.
5. **Plan for emergencies.** Who would you call in an emergency? Is there someone who can check in on you regularly? What would you do if you fell and couldn't reach the phone? Keep emergency numbers near each phone or on speed dial. Carry a cellphone (preferably with large buttons and a bright screen), or consider investing in some type of personal alarm system.
6. **Write advance care directives.** Advance care directives, such as a living will, durable power of attorney for health care, or health care proxy, allow you to explain the type of medical care you want if you're too sick, confused, or injured to voice your wishes. Every adult should have these documents.

