



SENIOR CROSSROADS
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

May/June 2019

Tuesday, May 7, 2019

10 am ~ 3 pm

Coffee, Tea & Snack

Let's Celebrate Mother's Day!



Sponsored by:

Mr. & Mrs. Harout & Marie Hagopian

(In Honor of Annie Amooore)

Presentation:

Mrs. Hasmig Cingoz

Famous Women In the Armenian History

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call NorCal

office 650-697-7474



Happy
Mother's
Day

HAPPY MOTHER'S DAY

**Happy Mother's Day to everyone:
Mums, Dads, Daughters, Sons.
We're all related to mothers
and there are some special ones.**

**Some who take on a mothering role
are not related through birth
but love as much as any mother could.
That type of love sustains our earth.**

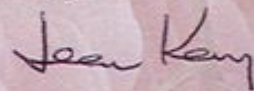
**Some men take on a dual role,
as "stay-at-home" Dads they excel,
which gives mothers opportunities
to have an outside career as well.**

**Adoptive parents are special,
they open their home and heart,
providing a child with a loving bond
and a family in which they are part.**

**Mothering is tender, loving care,
a strong desire to guide and protect,
to keep their children safe from harm.
Mothers of all kinds deserve respect.**

Happy Mother's Day

Jean Kay



NorCal Armenian Senior Services

“ Hye Social Day ”

Tuesday, May 21, 2019 ~ 11 a.m. ~ 3 p.m.

Sponsored by: Mr. and Mrs. Vigen and Linda Khachooni



Art Project by Sonia Kouyoumdjian
Exercise, and Socializing

Lunch and transportation will be provided



RSVP: Please call NorCal office ~ 650-697-747



PICNIC

You Are Invited To

NorCal's Picnic

Tuesday, June 4, 2019

11:00am ~ 4:00pm

Come and join us for a Fun Day
AT

White Barn Project

5580 Red Hill Road, Petaluma

For reservations please call
NorCal office 650-697-7474 by May 28th

Please wear light clothing and sun hat



Fun!

Kebob!



Նոր Քալի Տարեցներու Զբոսախնձոյք

Երեքշաբթի Յունիս 4, 2019

11:00 ԷՆ – 4:00ը

White Barn Project
5580 Red Hill Road, Petaluma

Dessert!

Music!



Dancing!

Ապահովելու համար կը խնդրուի հեռաձայնել

Նոր Քալի գրասենեակը մինչեւ Մայիս 28ը 650-697-7474

Հագուեցէք թեթեւ եւ արեւու գլխարկ

Bus pick-up: Stones town Shopping Center - Pick up 8:45a.m. - Return 5:30 p.m.apprx.

KZV School ~ 9:00a.m./ return appx. 5:15 p.m.

East Bay: St. Vartan Church ~ 9:30 a.m. / return apprx. 5:00 p.m.

South Bay: Call for transportation



Donations are Appreciated

Նուիրարութիւն ուրախութեամբ կ'ընդունուին

SENIOR CROSSROADS
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

“NO” HYE DAYS



HAPPY
FATHER'S
DAY



Thank You, Dad

No words can totally express,
Those bits of shared happiness;
No thought could fully grasp,
How wide and deep is your love.

How can I ever forget?
All those memories we have shed;
Your love is as fresh as the morning dew,
For that my daddy I say thank you.

Words may never be enough,
How proud I am that you're my Dad;
Years may not be sufficient to count it all,
With your life I am truly grateful.

Thank you for your sweet embraces,
And for your patience that never ceases;
Thank you coz you are always there,
Thank you dad for your unending care.

Happy Father's Day



When it comes to preventing and treating high blood pressure, one often-overlooked strategy is managing stress. If you often find yourself tense and on-edge, try these seven ways to reduce stress.

1. **Get enough sleep.** Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
2. **Learn relaxation techniques.** Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful relaxation techniques and stress-busters.
3. **Strengthen your social network.** Connect with others by taking a class, joining an organization, or participating in a support group.
4. **Improve your time-management skills.** The more efficiently you can juggle work and family demands, the lower your stress level.
5. **Try to resolve stressful situations if you can.** Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.
6. **Nurture yourself.** Treat yourself to a massage. Truly savor an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a walk or a nap, or listen to your favorite music.
7. **Ask for help.** Don't be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, talk to your doctor.

Along with these ways to reduce stress, add in a healthy lifestyle — maintaining a healthy weight, not smoking, regular exercise, and a diet that includes fruits, vegetables, whole grains, lean protein, and healthful fats — and high blood pressure could be a thing of the past.



Elizabeth Kaprielian ~ May 1

Arlene Hovsepian ~ May 4

Virginia Ratcliff ~ May 6

Rose Riley ~ May 6

Anne Dyer ~ May 10

Silvia Minasian ~ May 10

Norma Yaglijian ~ May 30

Vera Abajian ~ June 1

Rose Terzian - 2

Aris Charekian - 11

Edda Shahgaldian ~ June 22

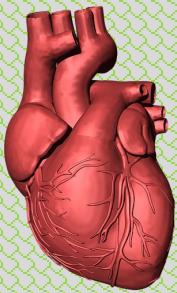
Vartan Berberian ~ June 29

Maro Minasi ~ June 29

Elenka Stoyanof ~ June 29

HAPPY BIRTHDAY

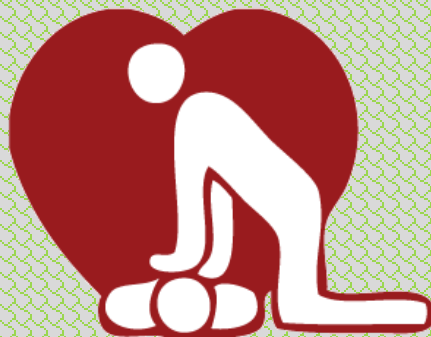
Health Tips



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

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 — Պատ



Հարցում.— Ի՞նչ ձեռով սրտի կաթուածի ախտանշանները կհներու մօտ կը տար- բերին այրերէն:

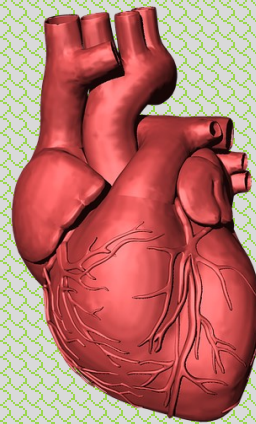
Պատասխան.— Ընդհանրապէս այրերու եւ կհներու մօտ սրտի կաթուածի ախտա- նշանները կուրծքի մէջ— տեղի ցաւն ու անո հանգստութիւնն են: Սակայն կհները այրերէն հետեւեալ տարբեր ախտանշան- ները կրնան ունենալ.—

Շունչի նեղութիւն

Սրտխառնուք/փսխուք

Գլխապտոյտ

Քրտինք



Ցաւ մարմնի վերի մասերուն մէջ ինչպէս՝ կրունակի, բազուկի, վիզի, կզակի կամ սրամոքսի:

Եթէ վերոյիշեալ ախտանշաններէն որեւէ մէկը ունենաք, նոյնիսկ եթէ վստահ չէք որ սրտի կաթուաղ է, անմիջապէս 911 կամ ձեր շրջ անի շտապ օգնութեան թիւին հեռաձայնեցէք: Արագ դարմանումը ձեր կեանքը կրնայ փրկել:

www.armenianseniorservices.org

*"It is not how much we do,
but how much love we put in the doing.
It is not how much we give,
but how much love we put in the giving."*

If you wish to be a Sponsor or a Presenter for the
"Hye Days" program,
please call the NorCal Office (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. 6:45pm

East Bay: St. Vartan Church -leave 8:45 a.m./apprx. return 6:00 p.m.

Cupertino/South Bay: Call for transportation

