

*NorCal Board of Directors  
Auxiliary and Staff  
Wish you  
Merry Christmas And  
Healthy Happy New Year  
Հնդրհաւոր Նոր Տարի Եւ  
Սուրբ Ծնունդ*

# SENIOR CROSSROADS

## ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020

### In Memory of Elo Aslanian

Elo Aslanian was born to Aram and three years old when her family Iran.

Ed Aslanian and Eleonore July 7, 1944 and they had Dena, Sam and Milene. and received her diploma Music of Tehran with a Piano. She also received a College of Tehran. immigrated to the United States

Elo decided to further her education. College in San Francisco, and then University getting her master's degree Literature. After graduation, she started teaching College of San Francisco and at West Valley College

Elo, along with her husband Ed, have done a lot for many Armenian organizations and for this community. Her list of achievements goes on and on. Elo had been president or on the board of, The Hye Cultural Society, Armenian Professional Society, Ararat Society, Armenian American Citizen's League, St. Francis Women's League, St. Francis Music Club, NorCal Armenian Senior Services and Rose Resnik Center for the Blind. Also, was an avid supporter of AIWA, Armenian International Women's Association, having attended conferences in London, Paris, Yerevan and Geneva. She had, along with Ed, been supporters of the San Francisco Opera, San Francisco Symphony, San Francisco Ballet, Cal Performances in Berkeley and also The Napa Valley Opera House in the Napa Valley.

She had numerous piano students of all ages and even had a waiting list. She and Ed always opened their home to family and friends both on a personal and philanthropic level.

Elo joined NorCal in 1984 and ever since then she had been a devoted and valuable member of the Board of Directors. For many years she served as membership chairlady. She was passionate about NorCal's mission and had a positive influence on the decisions that the Board took. She supported NorCal financially, sponsoring our programs and opening her house to NorCal's countless annual picnics and Christmas parties for our seniors. We admired her determination and many years of service for our seniors.

Vartouhi Mazlounian she was moved from Paris to Tehran,

Mazlounian were married five children, Iren, Stella, Elo continued her studies from the Conservatory of dual major in Voice and teaching degree from the Elo, Ed and the family

She started going to City on to San Francisco State in Humanities and French Humanities at City Col- In Saratoga.

SENIOR CROSSROADS  
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020

"HYE DAYS" 2020  
*Happy New Year*

Tuesday, January 14

10 am ~ 3 pm

Coffee, Tea & Snacks

Sponsored by:

*Mrs. Caline Soghikian*

(In memory of her husband  
Dr. Krikor Soghikian)

Presentation:

Ani Astouryan

Musical Program

Gagik Ghevodian

Lunch.....Fun & Bingo

RSVP: Please call NorCal

office 650-697-7474



# "HYPE DAYS" 2020

Tuesday, February 4

10 am ~ 3 pm

Coffee, Tea & Snack

Sponsored by:

*Mr. & Mrs. Vigen & Linda Khachooni*

(In Memory of Elo Aslanian)

Presentation:

Rita Hovakimian, CPC

“How to create joy in your  
everyday life”

Lunch.....Fun & Games

Bingo and more fun

**RSVP: Please call NorCal office**

**650-697-7474**

*Valentine's  
Day*



SENIOR CROSSROADS  
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020



# Cache Creek Casino

## Thursday, February 20

Join us for a Valentine's Day trip to Cache Creek Casino featuring over 2,400 slot machines and more than 120 table games to choose from, there is something for everyone.

**Cost:** \$45.00 per person

\$35.00 NorCal members



includes bus transportation. You will receive \$5.00 for food, \$15.00 for slot machine. Lunch is on your own.

[For reservations call by February 12, \(650\) 697-7474.](tel:(650)697-7474)

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

**Note:** Please bring your ID cards with you.



SENIOR CROSSROADS  
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020



# Cache Creek Casino

## Հինգշաբթի, Փետրուր 20

Միացե՛ք մեզի *Valentine-ի* հաճելի օր մը անցնելու որ պիտի ըլլայ դէպի Քէշ Քրիք Քըսինսօ հոն կան 2,400 աւելի մեքենայի եւ 120 սեղանի բախտախաղեր:

Գինը: \$45.00 անձ գլուխ

\$35.00 NorCal-ի անդամներուն



որը կը բովանդակէ պասի ճամբորդութիւնը: \$5.00 վարկ դէպի ուրեռլիքի, \$15.00 մեքենայի խաղի համար: Կէսօրուայ ճաշը իւրաքանչիւրը կրնաք ընտրել տարբեր ճաշարաններէն, իրեն ուռ զածին հարմար: Ապահովելու համար հեռաձայնեցէ՛ք մինչեւ

**Փետրուար 12(650) 697-7474.** Պայմանագրի Չնջում: Ոչ ձեր վճարումը չի պիտի վերադարձուի, բացի եթէ ուրիշ անձ մը գտնուի ձեր տեղը: Բերէ՛ք ձեր հետ ID-ի գարտը:



# HAPPY BIRTHDAY

*Anayis Assilian ~ January 1*

*Sonia Koujakian ~ January 5*

*Johnny Kuftedjian ~ January 9*

*Sose Balian ~ January 10*

*Knar Charekian ~ January 14*

*Ani Amore ~ January 16*

*Garo Mirigian ~ January 18*

**Ruben Kazarian ~ January 20**

*Anahid Kazanjian ~ January 21*

*Maro Demirjian ~ January 30*

*Nazik Tadjarian February ~ 4*

*Arusyak Jangochyan ~ February 8*

*Nevart Kechichian ~ February 24*

*George Riley ~ February 28*

*Seta Yenikomshian ~ February 29*

# SENIOR CROSSROADS ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020

## See the Entire Conversation at No Cost to You!

If you are experiencing hearing loss that inhibits your phone use, you may qualify to receive a **ClearCaptions** phone at no cost to you! **ClearCaptions** offers real-time phone captioning that allows you to see every word said on the call. **ClearCaptions** is a Federal Communications Commission (FCC) certified telephone captioning provider. Our captioning service is paid for through Title IV of the Americans with Disabilities Act (ADA), a fund which established the Telecommunications Relay Service. There is no cost to qualified individuals whose hearing loss inhibits their phone use.

If you are interested to learn more about this program please contact  
NorCal office 650-697-7474



### *Requirements for Installation:*

- 1. Hearing loss*
- 2. Internet connection*
- 3. Land-Line home phone service*





SENIOR CROSSROADS  
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020

## Tips for Reducing Stress



If you are one of the millions of stressed-out, there's good news. People can learn to manage stress. Start with these tips:

- *Keep a positive attitude.*
- *Accept that there are events that you cannot control.*
- *Be assertive instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.*
- *Learn and practice relaxation techniques.*
- *Exercise regularly. Your body can fight stress better when it is fit.*
- *Eat healthy, well-balanced meals.*
- *Get enough rest and sleep. Your body needs time to recover from stressful events.*
- *Don't rely on alcohol or drugs to reduce stress.*
- *Seek out social support.*
- *Learn to manage your time more effectively.*



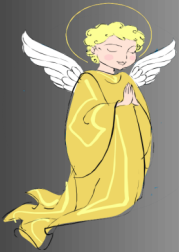
SENIOR CROSSROADS  
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020

† *Condolences* †

*Our deepest sympathies to the Akay family M/M Varoujan and Joanne Akay, M/M Baghdho and Hera Akay and Children Teny, Taniel, and Raffi Akay, Mr. Vahe and Children Alexander and Gregory Akay, Great grandchild Antonia Nadia Akay, M/M Mgrdich and Dina Kayaçan, to their extended relatives and friends, on the passing of their mother, grandmother, great grandmother and sister,*

***Mayranoush Akay***



*Our deepest sympathies to Mr. Juan Arsenian, (daughter) Diana and Paul Van S lambrouckand Family, (daughter) Mirta and Randall Cali on the passing of their beloved Wife, Mother, Mother-in-law, Grandmother and Great Grandmother,*

***Mrs. Armenuhi Arsenian***



*Our deepest sympathies to Mrs. Alice Sarafian, Ms. Karen Sarafian and Family, Meher and Katherine Gourjian and Family, Dr. Stephen and Marissa Sarafian, relatives and friends on passing of their beloved Aunt,*

***Mrs. Virginia Ratcliff.***



***May God Bless their souls.***

***Աստուած հոգին ին լ ուսաւոր է:***

SENIOR CROSSROADS  
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

January/February 2020

## Bay Area Community Calendar 2020

- ◆ Tuesday, January 14~ NorCal Hye Days,
- ◆ Tuesday, February 4 ~ NorCal Hye Days,
- ◆ **Thursday, February 20 ~ NorCal Excursion to Cache Creek**
- ◆ Tuesday, March 3 ~ NorCal Hye Days
- ◆ Tuesday, April 7 ~ NorCal Hye Days,
- ◆ **Sunday, April 21 ~ Easter**

**You are encouraged to RSVP (650) 697-7474  
for any functions that you like to attend .**



[www.armenianseniorservices.org](http://www.armenianseniorservices.org)

<https://www.facebook.com/Armenianseniorservices/>

**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.

**Cupertino/South Bay :**Call for transportation

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