



SENIOR CROSSROADS

ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

May/ June 2022

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

Hye Days are back!

(Everyone must be vaccinated)



Celebrating Mother Day

Tuesday, May 10, 2022

10 am ~ 3 pm

Coffee, Tea & Snack

Sponsored by:

Mr. & Mrs. Hagop aand Sonia Koujakian

(In Memory of Mrs. Lucy Mirigian)

Presentation:

Lucy Grace Yaldezian, CHT

“You Have Got Everything You Need”

Lunch

Bingo and more fun

RSVP: Please call NorCal office ~ 650-697-7474



Happy MOTHER'S DAY



“ Mothers deserve the credit for raising value based leaders who accept responsibility; who possess physical, mental, and spiritual strength; who possess courage and confidence; and look with optimism to the future. ”

Mother

*...is someone who shelters, guides us,
and loves us, whatever we do,
with a warm understanding,
infinite patience,
and wonderful gentleness, too.
Her heart is large enough to hold
everyone's pain and joy.
A mother is a true friend
in every sense of the word.
A mother is love.*



ՄԱՅՐԱ ՅՈՎՀԱՆՆԷՍ ՇԻՐԱԶ

Մեր յոյսի դուռն է մայրս,
Մեր տան մատուռն է մայրս,
Մեր օրօրոցն է մայրս,
Մեր տան ամրոցն է մայրս,
Մեր հերն ու մերն է մայրս,
Մեր ճորտն է տէրն է մայրս,
Մեր տան անտունն է մայրս,
Մեր արծուարոյնն է մայրս,
Մեր տան ծառան է մայրս,
Մեր տան արքան է մայրս,
Մեր տան անճարն է մայրս,
Մեր դէղ ու ճարն է մայրս,
Մեր տան աղբիւրն է մայրս,
Մեր ծարաւ քոյրն է մայրս,
Մեր տան անքունն է մայրս,
Մեր անուշ քունն է մայրս,
Մեր տան ճրագն է մայրս,
Մեր արեգակն է մայրս:
Մայրս, մեր հացն է մայրս,
Մեր տան աստուածն է մայրս...

MY MOTHER

by Hovhannes Shiraz

My mother—gate to our hopes,
She is the chapel of our homes,
She is our cradle, my mother,
The fort of our home, my mother,
My mother is both mother and father,
She is both slave and master,
She is the homeless of our home,
She is the nest of eagles, my mother,
She is the housemaid of our home,
And the sovereign of our house,
Although helpless, my mother,
And the parched, thirsty sister,
Sleepless guardian, my mother
And our sweet sleep and slumber.
She is the lit candle, ever bright,
My mother is the sun, font of light.

Translated by Tatul Sonentz

Happy
FATHER'S

DAY

Celebrating
Fathers' Day

Tuesday, June 7, 2022

10am ~ 3pm

Coffee, Tea & Snacks

Sponsored By:

Mr. C. Gary Kalian

Presentation:

Very Rev. Fr. Smpad Saboundjian, Pastor St. Gregory Armenian Church

Lunch ...Fun & Games

RSVP: Please call NorCal office 650-697-7474



HAPPY BIRTHDAY

Arlene Hovsepian ~ May 4

Rose Riley ~ May 6

Anne Dyer ~ May 10

Silvia Minasian ~ May 10

Norma Yaglijian ~ May 30

Vera Abajian ~ June 1

Maro Minasi ~ June 29

Vartan Berberian ~ June



We at NorCal were truly saddened to hear Carol Rustigian's passing. She was dedicated and passionate to NorCal's mission and had a positive influence. Carol was loved and admired by all and she will be greatly missed.

Our deepest sympathies to Beth (Jim) Broussalian and Family, Caroline Bruderer and Family and Paul (Chelsea) Rustigian and Family on the passing of their beloved Mother, Grandmother, **Mrs. Carol Rustigian.**

May God Bless her soul. Ըստնուծ հոգիւ

with deepest

Sympathy

Our deepest sympathies to Garo and Betty Garibian ,
nieces Mary Gaule, and Margie Satian and their fami-
lies on passing of their beloved aunt, **Mrs. Elizabeth
Kaprielian.**

Our deepest sympathies to Mr. and Mrs. Ara Har-
mandarian and Family and Mrs. Lucine Shiranian and
Family on the passing of their Parents and Grandpar-
ents, **Krikor and Marie Harmandarian.**

May God Bless their souls.

Աստուած հոգիներն լուսաւորէ

thank
you

Like every year, NorCal's Santa came bearing gifts.

Big THANK YOU to Hagop and Sonia Koujakian for sponsoring Santa's gifts to our seniors. They were distributed by Board members and staff to the seniors.

The seniors were very happy and thankful.



it's worth reading

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.

it's
worth
reading

Medicare

Avoid COVID-19 Scams

Have gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare Number? Be careful Scammers are selling fake and unauthorized at-home COVID-10 test kits in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test.

Each household in the U.S. can have four free COVID-19 at-home tests shipped directly to their home at no cost. Visit [COVIDtests.gov](https://www.covidtests.gov) to order tests or learn about testing.

If you suspect fraud, call,

1-800– MEDICARE to report it.



Upcoming EVENTS

MARK YOUR CALENDAR

- ◆ **Saturday, April 23 ~ NorCal Membership Meeting
10 a.m. at NorCal Office**
- ◆ **Tuesday, May 10 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, June 7 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, July 12 ~ NorCal Hye Days, RSVP (650) 697-7474**



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:

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

Cupertino/South Bay Call for transportation