

Happy 4th of July!

SENIOR CROSSROADS

ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ

July/August 2022





Happy
Summer Time

“HIYE DAYS”

Tuesday, August 2, 2022

10:00 am ~ 3 pm

Coffee, Tea , Snacks & Lunch

Come Join Us

Sponsored By:

Hagop & Sonia Koujakian and Garo & Aida Mirigian



In Memory Of Lucy Mirigian

Presentation:

Mirigian~Koujakian Kids

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call NorCal office

A graphic celebrating the 4th of July. The background is dark blue, featuring several large, stylized stars with the American flag's red and white stripes and blue field with white stars. Scattered throughout are smaller white stars and bursts of light representing fireworks in blue, red, and white. The text '4th JULY' is prominently displayed in the center in a large, white, sans-serif font. Below it, 'INDEPENDENCE DAY' is written in a smaller, white, sans-serif font. The entire composition is framed by a thin white border.

4th JULY

INDEPENDENCE DAY

Summer Health Tips for Seniors

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. Plain or flavored water is a good substitute.
3. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses, and a sunscreen of SPF 30 or higher.
4. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

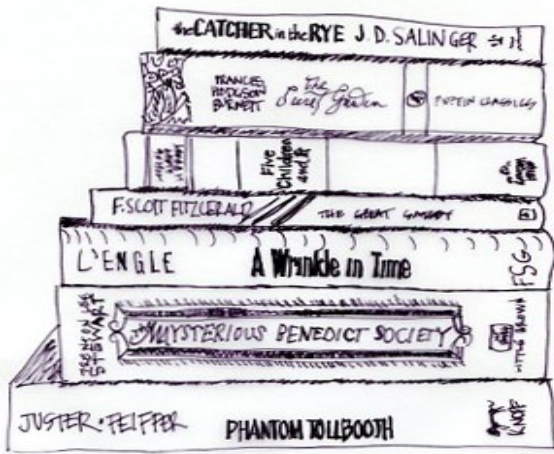
Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.



Happy Birthday!

Հնրհաւոր Տարեդարձ

- Wartkes Hagopian ~ July 1
Annik Mulroy ~ July 8
Barbara Morjig ~ July 15
Sossé Marek ~ July 19
Judy White ~ July 21
Aida Mirigian ~ July 24
Hermine Kouyoumdjian ~ August 2
Lillian Mardikian ~ August 5
Elise Kazanjian ~ August 9
Knar Harapetian ~ August 10
Kitty Keller ~ August 12
Mitzi Jardarian ~ August 14
Siran Daldalian ~ August 15
Sara Matossian ~ August 17
Dorothy Svihovec ~ August 21
Ardemis Hovanessian ~ August 24
Margaret Avdoian ~ August 31
Anna Azizian ~ August 31



it's
worth
reading

How a Government Imposter Scam Works

These scams primarily use a telephone to contact you. Scammers may also use email, text message, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you know to gain your trust. Scammers say there is a **problem or a prize**. Scammers **pressure** you to act immediately. Scammers tell you to **pay** in a specific way.

Tips to Protect Yourself

1. **Do not take immediate action.** If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. **Do not transfer your money! Do not buy that gift card!** Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are

1. **Be skeptical.** If you think a real law enforcement officer is trying to reach you, call your local law enforcement using a non-emergency number to verify. Do not believe scammers who “transfer” your call to an official or who give you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.
2. **Be cautious** of any contact claiming to be from a government agency or law enforcement telling you about a problem you don’t recognize. Do not provide your personal information, even if the caller has some of your information.

Do not click on links or attachments. Block unwanted calls and text messages.

For more information on scams, visit the [FTC Scams](#) page to read about common scams.

If You Are a Victim

Stop talking to the scammer. Notify financial institutions and protect accounts.

Contact local law enforcement and file a police report. File a complaint with the [FBI Internet Crime Complaint Center \(IC3\)](#) and on the [FTC website](#).

Keep financial transaction information and the record of all communications with the scammer.



Bay Area Community Calendar

- ◆ **Tuesday, July 12 ~ NorCal Annual Picnic**
- ◆ **Tuesday, August 2 ~ NorCal Hye Days**
- ◆ **Tuesday, September 13 ~ NorCal Hye Days**
- ◆ **September 10 ~ St. Andrews Armenian Church Food Festival**
- ◆ **September 17 & 18 ~ St. Gregory Armenian Church Food Festival**
- ◆ **Tuesday, October 4 ~ NorCal Hye Days**
- ◆ **October 7 & 8 ~ St. Vartan Armenian Church Food Festival**
- ◆ **Tuesday, November 1 ~ NorCal Hye Days**
- ◆ **Tuesday, December 6 ~ NorCal's Annual Christmas Luncheon *SAVE THE DATE***



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.

Senior Crossroads
NorCal Armenian Senior Services
1818 Gilbreth Road, Suite 132
Burlingame, CA 94010

Please visit NorCal's website
www.armenianseniorservices.org