



SENIOR CROSSROADS
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ
May/June 2023

“HYE DAYS” 2023



Celebrating Mother's Day

Tuesday, May 2

10:30 am ~ 3 pm

Coffee, Tea & Snacks

Sponsored by:

NorCal Ladies Auxiliary (In Honor of all those Board and Auxiliary members who have passed away)

Presentation:

Gasia Mikaelian, KTVU Fox 2,


Mornings on 2 Anchor

Hampartzum and Veejag

Lunch.....Fun & Bingo

RSVP: Please call NorCal office

650-697-7474



*Հնդրհաւոր
Մայրերու Օր*

SENIOR CROSSROADS
ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ
May/June 2023

“HYE DAYS” 2023



Celebrating Fathers' Day

Tuesday, June 6

10:30 am ~ 3 pm

Coffee, Tea & Snack

Sponsored by:

Mr. & Mrs. Yeghia & Hasmig Kozanian

Presentation:

Rev. Fr. Mesrop Ash, Parish Priest of
St. John Armenian Church

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call NorCal office

650-697-7474

*Շնորհակալ
Հայրերու Օր*

THIRTY-EIGHT ANNUAL MEMBERSHIP MEETING

**You are cordially invited to attend
NorCal Armenian Senior Services
Annual Membership Meeting**

Saturday, April 29, 2023 10:00 a.m.

**NorCal Office 1818 Gilbreth Road,
Suite 132, Burlingame**

(650) 697-7474



Happy Birthday!

Հնորիաւոր Տարեդարձ

Arlene Hovsepian ~ May 4

Anne Dyer ~ May 10

Norma Yaglijian ~ May 30



Vera Abajian ~ June 1

Maro Minasi ~ June 29

Vartan Berberian ~ June



✝ *Condolences*

Our deepest sympathies to Mrs. Hermine Boyadjian and Children, Mrs. Nartouhi Panossian and Children, M/M Samuel & Arpine Alikian and Children, M/M Sarkis & Knar Panossian and Children, M/M Yeghia & Hasmig Kozanian and Children, M/M Kevork & Seta Shirikian and Children, M/M Sarkis and Nora Shirikian and Children, and Brother Mr. Zohrab Yeralian and Children on passing of their Mother, Grandmother & Sister, **Sirvat Shirikian**.

Our deepest sympathies to Mrs. Elise Kazanjian, his two daughters, Anna and Christina and his grandson Nick on the passing of their beloved Husband, Father and Grandfather **Mr. Ralph Kazanjian**.

May God Bless their souls. Աստուած հոգիներն լուսաւոր է:





Հայր Իմ

Ես ովասիսդ եմ, հովանի՛դ եմ արեւին տակ, եւ
արեգակդ եմ քու յոյզերու կամ մրրկի օրերուդ:

Ես էութիւնդ եմ, եւ սկիզբն եմ քու վախճանիդ, Իմ
մէջն է որ դուն ինքդ կեանքդ յետոյ պիտի
ապրիս:

Միամանթո



How can I control my blood pressure?

You can often lower your blood pressure by changing your day-to-day habits and by taking medication if needed. Treatment requires ongoing evaluation and discussions with your doctor, especially if you have other medical conditions such as diabetes.

Lifestyle changes you can make to help prevent and lower high blood pressure:

Aim for a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight. In general, to maintain a healthy weight, you need to burn the same number of calories as you eat and drink.

Exercise. Moderate activity, such as brisk walking or swimming, can lower high blood pressure. Set goals so you can exercise safely and work your way up to at least 150 minutes (2.5 hours) per week. Check with your doctor before starting an exercise plan if you have any health problems that aren't being treated.

Eat a heart-healthy diet. A balanced diet of vegetables, fruits, grains, protein, dairy, and oils — such as the Dietary Approaches to Stop Hypertension (DASH) eating plan — can lower your blood pressure.

Cut down on salt. As you get older, the body and blood pressure become more sensitive to salt (sodium), which is added to many foods during processing or preparation. Limiting your amount of salt each day may help. DASH is a low-salt diet.

Drink less alcohol. Drinking alcohol can affect your blood pressure. For those who drink, men should have no more than two drinks a day and women no more than one a day to lower their risk of high blood pressure.

Don't smoke. Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems. If you smoke, quit. The health benefits of quitting can be seen at any age — you are never too old to quit.

Get a good night's sleep. Tell your doctor if you've been told you snore or sound like you stop breathing for moments when you sleep. This may be a sign of a problem called sleep apnea. Treating sleep apnea and getting a good night's sleep can help to lower blood pressure.

Manage stress. Coping with problems and reducing stress can help lower high blood pressure.



If you wish to be a sponsor or be a speaker for the “Hye Days” program 2023 please call the NorCal Office (650) 697-7474



Bay Area Community Calendar 2023

- ◆ **Tuesday, May 2 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, June 6 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, July 11 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, August 1 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ◆ **Tuesday, September 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