

What's Doin' at the Brea Senior Center

Happy New Year!



January 2020

Announcements

Pardon our Dust!

The Senior Center is undergoing a kitchen remodel with an expected completion date in spring. The expanded kitchen space will enable us to serve more seniors, much more efficiently. We're looking forward to seeing the finished results! Regularly scheduled programs and lunch menus may be impacted. Thank you for your patience during this time.



New Year's Day Party

Friday, January 10

10:30 a.m.-12:30 p.m.

Tickets available at the front desk

Senior Tax Preparation

Tuesdays, February 4-April 7

12:30-3 p.m.

ARP Tax-Aides help taxpayers with low and moderate income file tax returns. Volunteers are trained and certified to assist in filing basic personal tax forms and schedules. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register and for required information to bring.



Oral Cancer Screening

Thur, Jan 16, 9:30-11:30 a.m.

**Sign-up at the front desk
By Anaheim Smiles
Dental**



iPhone Class

Friday, February 21, 1-3 p.m.

**Sign-up at the front desk
By CTAP**

Seniors on the Go!

Every Mon and Thur, 9 a.m.-3 p.m.

New van service available for 60+ Brea residents. \$2 per one-way ride, limit to 10 miles within Orange County. Application is required, and reservations must be submitted at least 3 business days in advance. This service is available to go and enjoy community locales, run personal errands, visit friends, and more. For more information, call 714-990-7750. Does not operate on Holidays.

Mature Driver Class

Wed, Feb 12 and Thur, Feb 13

1-5 p.m.

Improvement classes for licensed drivers age 55 and older who wish to qualify for a reduced insurance premium.



**Reservations and \$2
Prepayment Required
By North Orange
Continuing Education**

2020 Census Bureau Job Opportunities

Wed, Jan 8, 15 & 22, 9:30 a.m.

Stop by the 2020 Census Information Table and learn how you can help collect important data that impacts our funding and state's representation in Congress.

**By the United States
Census 2020**

HICAP Information Table

Wed, Jan 29, 9:30-11:45 a.m.

Information will be available regarding the free, unbiased individual Medicare counseling services of HICAP (Health Insurance Counseling and Advocacy Program).

Travel Group

Sedona & Grand Canyon Railway

May 17-21, 2020



Highlights: Oak Creek, Red Rock Formations, the "Wild West" town of Jerome, Williams, Arizona, Grand Canyon Railroad Hotel, South Rim, Grand Canyon Village, and a cruise along the scenic Route 66. \$1,499 per person based on double occupancy.

**America's Music Cities:
New Orleans, Memphis,
and Nashville
May 17-24, 2020**

Highlights: New Orleans' famous French Quarter, Mardi Gras World, Memphis "birthplace of the blues," Elvis Presley's Graceland, West Delta Heritage Center, tour of the historic RCA Studio B, and a visit to the Country Music Hall of Fame. \$3,099 per person based on double occupancy.



**Yosemite
June 10-12, 2020**

Highlights: Day in Yosemite National Park, Park Ranger Yosemite Park Tram, and a stay at Chukchansi Gold Resort (restaurants and casino). \$659 per person based on double occupancy.

**Reservations Required
For details and to register,
call 714-990-7750.**

Presentations

**Senior Crime Prevention
Thursday, January 9
10:30-11:30 a.m.**

Hear about common scams targeted at seniors and how to prevent them.

By Brea Police Department

**My Gift to You:
The Importance of
Planning Ahead**



Thursday, Jan 30, 11-11:45 a.m.

Pre-planning your final wishes saves money, reduces stress on you and your family, and allows special requests to be made clear.

By Smart Cremation

**Physical Therapy
Information**



Thursday, Jan 23, 11-11:45 a.m.

Come learn what physical therapy is, how it can help you age successfully, and how much health insurance covers.

**By Access Orthopedic
Physical Therapy**

Health Help

**Blood Pressure Monitoring
Tuesdays, 9-11 a.m.**

**Bereavement Group
4th Thursday of each month
10-11 a.m.**

Call 714-990-7750 for more information.

**Pet Therapy
TBD
10:30-11:30 a.m.**



Senior Services

Case Management Services

For Brea seniors and caregivers. Achieve successful aging through advocacy, assessment, facilitation, and resource management.

**Legal Aid
4th Thursday of each
month, 12:30-2 p.m.**



**Appointment Required
By Legal Aid Society of
Orange County**

**Medicare & Health
Insurance Assistance
2nd & 4th Wednesday of each
month, 9:30-11:30 a.m.**

Benefits anyone who has questions or needs assistance regarding Medicare, HMO's and secondary and long-term care insurance. Call 714-990-7750 to register.

**Appointment Required
By HICAP**

**Park-it Market
Tue, Jan 7 & 21, 11 a.m.-12 p.m.**

Bring only one normal-sized bag to fill with fresh fruit, produce, dairy products, and frozen food items.

By Second Harvest



**Shopping Trips
1st & 3rd Monday, 12:45 p.m.
1st & 3rd Tuesday, 10:45 a.m.
Every Wednesday, 12:30 p.m.**

Free transportation for Brea residents to Ralphs, Rite-Aid, Target, Wal-Mart, Sprouts, Albertsons, Trader Joe's, and the 99 Cent Store. Restrictions apply; call 714-990-7754 to register.

**Senior Center Gift Shop
Open Monday through Friday
9-11:30 a.m.**

Large assortment of quality and lovely gift items available at bargain prices. Donated items gratefully accepted during business hours.

Fitness

**Better Balance
Health & Wellness Class
Mondays, 10-11:50 a.m.**

Specifically designed to improve movement and balance control.
By Older Adults Program

**Health & Wellness
Exercise Classes
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.**

Using a variety of standing and sitting exercises with some modified aerobics.

By Older Adults Program

**Line Dancing Class
Mondays, 12-3 p.m.:
12-1 p.m. Introduction
1-2 p.m. Beginning
2-3 p.m. Intermediate**



The first half hour is dedicated for beginners to learn the basics of line dancing.

**Longevity Stick Balance
Class
Wednesdays, 9-10 a.m.
Fridays, 10-11 a.m.**

Designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality.

**Table Tennis
Tuesdays & Thursdays 1-4 p.m.
Wednesdays 2-4 p.m.
Quarterly Fee, Resident-\$17
Non-Resident-\$27**

**Tai Chi for Every Body
Mondays & Fridays, 8:30-10 a.m.**

**Tai Chi 42
Wednesdays, 8:30-10 a.m.**



**Yoga Class
Tuesdays, 8:30-9:30 a.m.
Thursdays, 8-9 a.m.**

Bring your own mat.

Zumba® Gold 
Wednesdays, 10:30-11:30 a.m.
Fridays, 11 a.m.-12 p.m.

Modifies the Zumba formula to suit the needs of the active older participant.

Brea Resident Priority

Classes

**Crazy Crafts with Leslie
2nd Wednesday of each month
9:30-11:30 a.m.
By LAB Insurance**

**Crazy Crafts &
Coloring Therapy** 
Last Tuesday of each month
9:30-11:30 a.m.
By Leslie

**Individual Computer
& Gadget Tutoring
Available every Tue, Wed & Thur
By Appointment Only
and Refundable Deposit
Required**

Gatherings

**Bingo!
Mondays, 10:30-11:30 a.m.
Wednesdays, 11-11:45 a.m.
Thursdays, 12:45-1:45 p.m.
By Dwight Manley**

**Birthday Party
Friday, Jan 31, 11:30 a.m.
By Friends Community
Church**

Bunco Group 
Every Tue & Fri, 12:45-2:30 p.m.

**Crochet Group
Wednesdays, 10-11:30 a.m.**

**Hooks and Needles—
Knitting Group
4th Tue of each month, 1-3 p.m.**

Help create hand-made hats, booties, sweaters and blankets to be donated through the non-profit organization "Stitches from the Heart" to newborn babies in over 1,200 hospitals nationwide.

**Loose Threads—
Quilting Group** 
1st & 3rd Wednesday of each
month, 9 a.m.-12 p.m.

**Book Club
4th Wednesday of each month
10:30-11:30 a.m.
By the Brea Public Library**

**Golf Practice
2nd & 4th Tuesday of
each month, 10:45-11:45 a.m.**

Practice in a local golf course range.

Veterans Club 
Mondays, 11-11:45 a.m.

**Timely Topics
Tuesdays, 10-11 a.m.**

Join this lively discussion group on current events as well as memories of the past.

Spiritual Emphasis 
Fridays, 10-11 a.m.

Discuss Biblical topics that are non-denominational.

**Sing-a-Long Group
Wednesdays, 12:45-2 p.m.**

January Activities

FAMOUS QUOTE

Events are influenced by our very great desires.

William James

JANUARY IS NATIONAL SOUP MONTH

- 4 Spaghetti Day
- 6 Shortbread Day
- 11 Hot Toddy Day
- 18 Peking Duck Day
- 25 Irish Coffee Day
- 26 Natl. Pistachio Day

MERCHANDISE NEEDED!

Consider donating some of your treasures to the Gift Shop when you clean out those closets and drawers! Small items such as jewelry, ceramics and handcrafted items are greatly appreciated. All proceeds benefit programs at the Brea Senior Center.

Donations accepted during regular gift shop hours.

Monday

- A** - Room A
- B** - Room B
- C** - Room C
- CFR** - Conference Room
- CR** - Computer Room
- CY** - Courtyard
- DR** - Dining Room
- L** - Lobby Area
- LIB** - Library
- P** - Plunge Pool
- PH** - Pioneer Hall
- PHCR** - PH Conference Room
- WR** - Wellness Room

- 6**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Better Balance (PH)
 - 10:30 Bingo (DR)
 - 11:00 Veterans Club (B)
 - 12:00 Lunch (DR)
 - 12:00 Intro to Line Dancing (PH)
 - 12:45 Voter's Choice Shopping (L)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

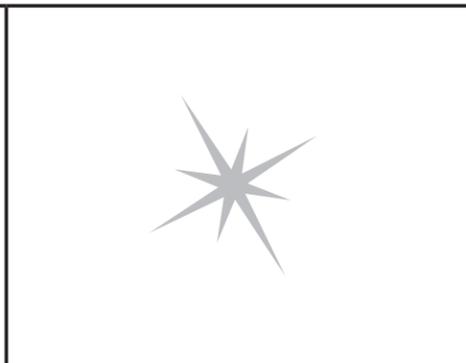
- 13**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Better Balance (PH)
 - 10:30 Bingo (DR)
 - 11:00 Veterans Club (B)
 - 12:00 Lunch (DR)
 - 12:00 Intro to Line Dancing (PH)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

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**Closed for
Martin Luther King Jr. Day**

- 27**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Better Balance (PH)
 - 10:30 Bingo (DR)
 - 11:00 Veterans Club (B)
 - 12:00 Lunch (DR)
 - 12:00 Intro to Line Dancing (PH)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

Tuesday



- 7**
- 8:30 Yoga Class (PH)
 - 9:00 Blood Pressure (WR)
 - 10:00 Health & Wellness (PH)
 - 10:00 Timely Topics (B)
 - 10:45 99 Cent Store Shopping (L)
 - 11:00 Park-it Market (DR)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)
 - 1:00 Table Tennis (PH)

- 14**
- 8:30 Yoga Class (PH)
 - 9:00 Blood Pressure (WR)
 - 10:00 Health & Wellness (PH)
 - 10:00 Timely Topics (B)
 - 10:45 Golf Practice (L)
 - 11:00 Hula Fitness (DR)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)
 - 1:00 Table Tennis (PH)

- 21**
- 8:30 Yoga Class (PH)
 - 9:00 Blood Pressure (WR)
 - 10:00 Health & Wellness (PH)
 - 10:00 Timely Topics (B)
 - 10:45 Sprouts Shopping (L)
 - 11:00 Park-it Market (DR)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)
 - 1:00 Table Tennis (PH)

- 28**
- 8:30 Yoga Class (PH)
 - 9:00 Blood Pressure (WR)
 - 9:30 Crazy Crafts & Coloring Therapy (B)
 - 10:00 Health & Wellness (PH)
 - 10:00 Timely Topics (B)
 - 10:45 Golf Practice (L)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)
 - 1:00 Table Tennis (PH)
 - 1:00 Knitting Group (DR)

Wednesday

1

Happy New Year!

- 8**
- 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:30 Crazy Crafts w/Leslie (B)
 - 9:30 HICAP (WR)
 - 9:30 Census Bureau (L)
 - 10:00 Crochet & Needlework (B)
 - 10:30 Zumba Gold (PH)
 - 11:00 Bingo (DR)
 - 12:00 Lunch (DR)
 - 12:30 Voters Choice Shopping (L)
 - 12:45 Sing-a-Long Group (B)
 - 2:00 Table Tennis (PH)

- 15**
- 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:00 Quilting Group (B)
 - 9:30 Census Bureau (L)
 - 10:00 Crochet & Needlework (B)
 - 10:30 Zumba Gold (PH)
 - 11:00 Bingo (DR)
 - 12:00 Lunch (DR)
 - 12:30 Walmart Shopping (L)
 - 12:45 Sing-a-Long Group (B)
 - 2:00 Table Tennis (PH)

- 22**
- 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:30 HICAP (WR)
 - 9:30 Census Bureau (L)
 - 10:00 Crochet & Needlework (B)
 - 10:30 Zumba Gold (PH)
 - 10:30 Book Club (B)
 - 11:00 Bingo (DR)
 - 12:00 Lunch (DR)
 - 12:30 Voters Choice Shopping (L)
 - 12:45 Sing-a-Long Group (B)
 - 2:00 Table Tennis (PH)

- 29**
- 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:30 HICAP Informational Table (DR)
 - 10:00 Crochet & Needlework (B)
 - 10:30 Zumba Gold (PH)
 - 11:00 Bingo (DR)
 - 12:00 Lunch (DR)
 - 12:30 Voters Choice Shopping (L)
 - 12:45 Sing-a-Long Group (B)
 - 2:00 Table Tennis (PH)

Thursday

- 2**
- 8:00 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 12:00 Lunch (DR)
 - 12:45 Bingo (DR)
 - 1:00 Table Tennis (PH)

- 9**
- 8:00 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 10:30 Brea Police Presentation (DR)
 - 12:00 Lunch (DR)
 - 12:45 Bingo (DR)
 - 1:00 Table Tennis (PH)

- 16**
- 8:00 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 9:30 Oral Cancer Screening (L)
 - 12:00 Lunch (DR)
 - 12:45 Bingo (DR)
 - 1:00 Table Tennis (PH)

- 23**
- 8:00 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 10:00 Bereavement Group (B)
 - 11:00 Physical Therapy Presentation (DR)
 - 12:00 Lunch (DR)
 - 12:30 Legal Aid (WR)
 - 12:45 Bingo (DR)
 - 1:00 Table Tennis (PH)

- 30**
- 8:00 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 11:00 The Importance of Planning Ahead (DR)
 - 12:00 Lunch (DR)
 - 12:45 Bingo (DR)
 - 1:00 Table Tennis (PH)

Friday

- 3**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Spiritual Emphasis (B)
 - 10:00 Longevity Stick Balance (PH)
 - 11:00 Zumba Gold (PH)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)

- 10**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Spiritual Emphasis (B)
 - 10:00 Longevity Stick Balance (PH)
 - 10:30 New Year's Day Party (DR)
 - 11:00 Zumba Gold (PH)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)

- 17**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Spiritual Emphasis (B)
 - 10:00 Longevity Stick Balance (PH)
 - 11:00 Zumba Gold (PH)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)

- 24**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Spiritual Emphasis (B)
 - 10:00 Longevity Stick Balance (PH)
 - 11:00 Zumba Gold (PH)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)

- 31**
- 8:30 Tai Chi for Every Body (PH)
 - 10:00 Spiritual Emphasis (B)
 - 10:00 Longevity Stick Balance (PH)
 - 11:00 Zumba Gold (PH)
 - 11:30 Birthday Party (DR)
 - 12:00 Lunch (DR)
 - 12:45 Bunco (B)
-

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00	 Meatless Meal		Lemongrass Chicken Breast Brown Rice Oriental Blend Canned Apricots	Beef Goulash Mashed Potatoes Spinach Ambrosia
6 	7	8	9	10
Tomato Florentine Soup Crackers Spud Stuffers Baked Potato topped with Vegetarian Chili Shredded Cheese Broccoli & Sour Cream SF Custard	Chipotle BBQ Chicken Spanish Rice Mexican Zucchini & Corn Salad Flour Tortilla SF Fruited Gelatin	Egg Drop Soup / Cracker Chinese Chicken Salad Shredded Chicken, Shredded Cabbage and Carrots, Mandarin Orange & Sliced Almonds Sesame Dressing Mini Muffin Fresh Fruit	Salisbury Steak W/ Gravy Sweet Mashed Potatoes Green Beans / Almonds SF Lemon Cookies	Panda Express Orange Chicken Chow Mein Vegetables Asian Salad Mandarin Oranges Fortune Cookie <i>(Not Provided by Meals on Wheels)</i>
13	14	15 	16	**17**
Moroccan Lentil Soup / Crackers Turkey Wrap W/ Hummus Spread Red Peppers, Diced Tomato, 50/50 Mix WW Flour Tortilla IW Ranch Dressing SF Fruited Gelatin	Thai Chicken Salad Chicken Strips Shredded Cabbage and Carrots, Red Peppers & Cucumbers Thai Dressing WW Dinner Roll Promise Fruit Crisp	Vegetarian Lasagna Spring Mix / Garbanzo Beans Vinaigrette Dressing Orange Juice Italian Ice Diet: Apricots	Farmers Soup / Cracker Homemade Chicken Drumstick Baked Sweet Potato Mixed Vegetables Pineapple Chunks	BBQ McRib Baked Beans Collard Greens Apple Pie & Ice Cream Diet: Ambrosia
20	2	22 	23	24
 Closed for Holiday!	Beef Stroganoff Egg Noodles Sliced Carrots Fresh Fruit	Veggie Burger / WW Bun Lettuce, Onions & Tomatoes Garlic Aioli Spread Baked Chips Banana	Potato Leek Soup / Crackers Cobb Salad w/Shredded Chicken, Eggs, Cheese, Tomato & Red Onions 50/50 Salad Mix Ranch Dressing SF Apple Crisp Orange Pineapple Juice	Cream of Spinach Soup / Crackers Vietnamese Coconut Chicken Breast Pineapple Fried Rice Broccoli Spears Tropical Fruit Mix
27 	28	29	30	31
Macaroni & Cheese Stewed Tomatoes Broccoli Spears Fresh Melon	Split Pea Soup Crackers Vietnamese Caramel Chicken Breast Brown Rice California Blend Vegetables Ambrosia	Tilapia topped with Savory Tomato Sauce Wild Rice Pilaf Peas & Carrots WW Dinner Roll Promise Orange Juice SF Custard	Beef Taco Salad with Seasoned Ground Beef, Chopped Lettuce, Cheese, Tomatoes, Beans, Sour Cream Tortilla Strips/Salsa Corn & Bean Salad Orange Juice Vanilla Ice Cream Diet: Fresh Fruit	French Onion Soup / Crackers Open Face Hot Turkey Sandwich / Gravy Mashed Potatoes WW Bread Cranberry Sauce Mandarin Oranges

STAR WARS

Y C L X D K B X Y B N C R O U Q H C A B L Z C Z S
 I A E J T C J G Z G K A A P B D I O X Y H E B I A
 S Q F B M R S E V T C X Z A E I C L P L A F U A F
 T T J R X T O V D Q J O M R H O W I D R E Z B D G
 Q E S T O Z A H H I H M K S E C P A O S X K A O G
 F Z F M Z H Q M D T Q U J E G P T I N R G B W Y L
 S Y N L O F N H B M Q J U C E S O L O N H H O B E
 K G E C A P S V C M U V U I L C P O A L F J B N C
 D S O L S K N I G H T A F S Y A B V R A S S O V A
 A U V O E T A W O L X P Q Y D O C K L T L M H E E
 G U G N J B O Q Z T P C X A T I X C V X O P K R V
 O C I E B M E B C M N V W R W D O M L Z S R I M U
 B R R Y X I A R O O B A N Q Y N E R L B R P M G N
 A Q B U M H Z U Y D N U J H N J Q E D B M Y F K O
 H W G T C G C C L O A W T A J U M A C E I Y W Z M
 L A M V X J U W E D Z I P L G A J G M R B O O X E
 E W Q A O A S H X N S Q I A Z Z U T B E O F D F D
 W T O A T W X M F A Z R L N H R A I O B U F V S N
 G Y F O K A I X B L P A O A D R V Y J A L E P E Y
 Q R G L K S N N M J X L T K K C H F C S L K N U P
 M P S O O I L O A Y F J A I Q L T W H M Z U J I L
 H U U V A D E R K O O I N N K G J N O U Z L I R N
 A B X U V O I Q P F A Z O K E U B K A V Q U N Y S
 A R K O W E A O U Z M V I U N T I U C W O W F P G
 H Y C B W M L V Z T M Y O B W A Z J H T O H A E S

- | | | | |
|---------|--------|---------|---------|
| ANAKIN | FORCE | MACE | SABER |
| BONA | GALAXY | MAUL | SITH |
| CLONE | HOTH | NABOO | SOLO |
| CODY | JAWA | OBIWAN | SPACE |
| DAGOBAH | JEDI | PADAWAN | TARKIN |
| DROIDS | KNIGHT | PARSEC | TROOPER |
| EMPIRE | LANDO | PILOT | VADER |
| EWOK | LEIA | PLANET | WOOKIE |
| FALCON | LUKE | REBEL | YODA |

All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily.  indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

FYI, I like going to the grocery store because as my wife shops, I get to wander up and down aisles rarely ever visited, reading labels but rarely buying anything. The other day was no exception and I spent nearly 25 minutes examining about seventy-five small containers, ranging in price from nearly \$13 upwards to \$45, and each was considered a dietary supplement.

These supplements could be herbs, amino acids, botanicals, vitamins, and minerals to augment your meals. You take the pills or tablets, perhaps a capsule, by mouth. All of the bottles contained a label with the same admonition: the statements [about use] have not been evaluated by the FDA, and are not intended to diagnose, treat, cure, or prevent any disease. When you ingest a particular dietary supplement, you are being your own doctor!

Some names were known to me – ginger, dandelion (I have free supplements growing in my back yard), turmeric, ginseng, rose hips, and licorice (which I always thought was Twizzler candy). Other names required a dictionary. There was Maca for fatigue and depression along with Butterbur for migraines and insomnia. Astragalus helped with allergies and high blood pressure, Burdock for colds, liver disease, and skin problems, and Moringa eased joint pain, ulcers and asthma.

One supplement, Ashwagandha, admonished the user to “live long and cherish” while aiding with arthritis, asthma,

bronchitis, and hiccups. Cascara Sagrada was a laxative as well as a food flavoring agent. Fo-Ti helped with insomnia and hair loss. Schizandra increased disease resistance while preventing early aging. Slippery Elm, in addition to assisting with colds, colic, and diarrhea, helped in expelling tapeworms! Motherwort is used to treat irregular heartbeat, menopause, and flatulence. Bladderwrack, which is seaweed with a high iodine content, stated “This product contains a substance known to the state of California to cause birth defects or other reproductive harm.” That’s in addition to helping with heartburn and obesity issues.



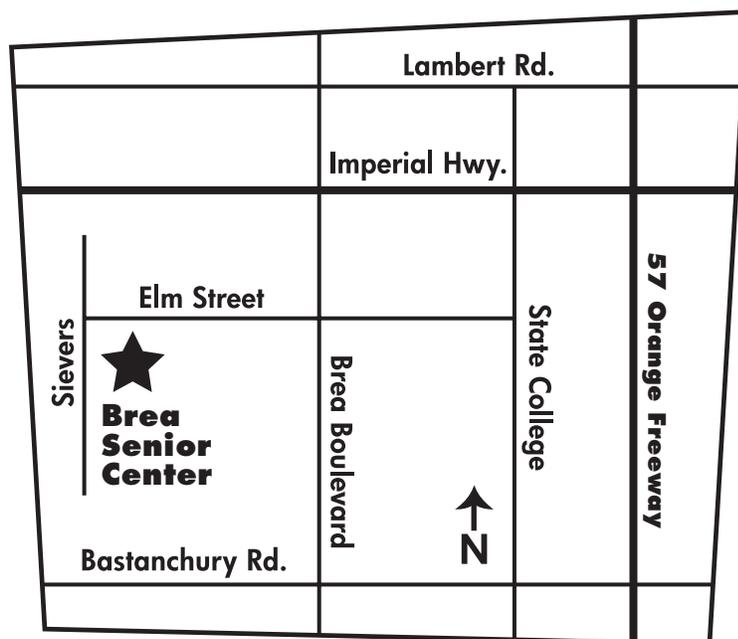
Dietary supplements are regulated by the FDA. But it treats them like foods rather than medications. The makers of these supplements do not have to show their products are safe or effective before selling them on the market. So buyer beware! Yellow Dock may not help reduce your arthritis. Rhodiola and Guarana may not increase your energy. Moringa may not lower your high blood pressure. White Oak Bark may not reduce your fever or cure your bronchitis.

I had just started reading the Tongat Ali label about stress and fatigue when I saw my wife’s signal that my ‘fun time’ was up. Guess I won’t buy that Fo-Ti ‘hair loss’ supplement...this time.

Be Our Guest!

The Brea Senior Center is open to all senior and pre-senior community members. Come by and learn more about the many programs, services and events available for you.

- Hours:** Mon-Fri / 8 a.m.-3 p.m.
- Computer Room:** Mon-Fri / 8 a.m.-2:45 p.m.
- Location:** 500 Sievers Avenue
Brea, California 92821
- Telephone:** 714-990-7750
- Website:** www.BreaSeniorCenter.com
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)



More details and information available online.