



MEMBER OF THE YEAR VIVIAN BROWN

The Culver City Senior Citizens Association Board of Directors is pleased to honor volunteer *Vivian Brown as our "Member of the Year" for 2008.* Vivian is being honored for her active and creative leadership as the Knitting Class Instructor, RSVP Craft Sales Leader, Senior Center Travel Escort, Instructor of two Tai Chi classes and part of the Membership Registration team. After retiring from the Michigan Public School system after 44 years in many disciplines, Vivian moved to Los Angeles to be near her daughter Nan, son-in-law Harry and grandson Cameron (now 16). Vivian believes that "Lifelong learning is a motto to live by" and she is the best example of living by her own motto. Having taught alongside Dr. Kung for 3 years, Vivian is now the Instructor of the class and teaches a beginning Tai Chi class as well. She has 18 years experience in Tai Chi short form and believes it to be a valuable senior exercise. In the RSVP Friday Knitting Class, under Vivian's leadership, they are working on two projects for the community. They have been knitting "Chemo Caps" for Cedars Sinai cancer patients and have so far donated 159 caps and received many thank you notes from some very grateful ladies. The knitters are also contributing 7"x9" rectangles and making some beautiful afghans. Four are completed and will be donated to the Veterans Volunteer Office to be given to veterans who live alone. You may be interested to know that Vivian has surveyed her classes and discovered the wonderful diversity among our members. The members in the Tai Chi and Knitting classes and members who have traveled with her reflect this diversity in being from 13 different states and 16 different countries!

The photo of Vivian has an interesting story. The University of Michigan decided this year to award letters to women in sports in the early years. Vivian was eligible for Field Hockey in 1947 and now possesses a beautiful letter jacket from Michigan and is an official member of the "M" Club. You go, Girl!

Vivian is a very pleasant, patient lady with a great "Scottish" sense of humor. All who know her and work with her will be thrilled to congratulate this extraordinary volunteer on being "*Member of the Year.*"

STAYING HEALTHY

Free Blood Pressure Screenings: Our volunteer nurses offer blood pressure screenings on the third Monday of every month from 12:00-2:00 p.m. No screening in December (see you January 19).

Diabetes Support Group: All diabetics who are interested in meeting others to share needs and information are invited to attend. The meetings are on the third Wednesday of the month from 9-11 a.m. The meeting for December will be on **Wednesday, Dec. 17.** Joya Parenteau leads the group.

BEREAVEMENT AND BEYOND

The **Loss Support Group: Recreating Your Life** meets on Wednesdays from 10:00 to 11:30 a.m. in Room C77. If you have felt challenged adapting to aging or the loss of someone dear to you, this Support Group may be just the right place for you to find comfort and understanding from a group of peers. The group is led by trained peer counselors with many years of counseling experience. Ella Deutsch and Vivian Schachter from the Center for Healthy Aging lead the group. A \$2 donation is requested. Call (310) 253-6717 before attending.

Bereavement Group for those with recent losses meets on Wednesdays from 12:00-1:30 p.m. in Room C75. This group is facilitated by Leslie Brandes, LCSW, ACSW, Senior Center Social Worker. A \$2.00 donation is requested at each session. Call Leslie at (310) 253-6717. No walk-ins, please. A Friday Bereavement Group meets alternate weeks from 10:00-11:30 a.m. Contact Leslie.

IN MEMORIAM

Albert Blaisch

Eugene Kramsky

Harry Rubin

Lawrence Margolies

Dr. Robert Mann