



MEMBER OF THE YEAR

MERIDA RUBLE

The Culver City Senior Center is pleased to honor *Merida Ruble* as our "Member of the Year for 2005." Merida is being honored for her service to the Senior Center, a dedicated volunteer known to all as one who always helps out. When there is work to be done, Merida is there with a friendly smile. Over time, Merida has contributed 3000+ hours of volunteer service to the Culver City Senior Center. She has helped with the Health Fairs, Flu Clinics, the Wednesday Work Project, and helps on party days with decorations. Merida also volunteers in the Nutrition Site and is a member of the Merry Makers and Grandparents' Clubs.

Merida moved to California from St. Louis, Missouri. Her first house was in Norwalk, but has spent the past 45 years in her home in Los Angeles, one block from Culver City. She is a "City Girl" at heart and loves the sounds of the city. She joined the Eastern Star and became acquainted with some ladies who became great friends and helped her feel more at home in California. She was happily married to her husband Roy for almost 50 years and is very proud of her 2 sons, 7 grandsons, 3 granddaughters and 15 great grandchildren. Merida is also proud to be a second generation Senior Center Member. Her mother, who passed away in 1977, was a member and belonged to all the clubs. When Merida retired in 1985, she was not one to sit around, so she enjoyed traveling to Alaska, Canada, Hawaii, Illinois, Massachusetts and other destinations. One day she decided to volunteer and connected with the Nutrition Site, where she has been known as "Monday Girl" ever since. She enjoys reading and embroidery, noting that all her grandchildren have a quilt embroidered by "Grandma Merida." She believes that giving a smile to others may help them have a better day, and tries to be friendly to all members. Merida related that she would be lost without the Senior Center and is honored to be the Member of the Year. We congratulate her and look forward to honoring her at the Center Holiday Party on December 8, 2005.

STAYING HEALTHY

Free Blood Pressure Screenings— Our volunteer nurses offer blood pressure screenings on a regular basis. The blood pressure screenings are usually held on the third Monday of every month from 12:30-2:00 p.m. There will be NO Blood Pressure Screening in December.

Diabetes Support Group — All diabetics who are interested in meeting others to share needs, information and help one another, are invited to attend. The meetings are the 4th Thursday of the month. The meeting for December will be **Thursday, December 22**, from 10:00 a.m. to 12:00 noon. Janie Weinke leads the group.

Vision Loss Support Group- This support group for people with vision loss meets the second and fourth Monday of the month, in Room B45 from 9:30-11:00 a.m. In December, the group meets only on Monday, December 12. Janice Goldhaber, M.A., MFT, leads the group.

BEREAVEMENT AND BEYOND

The Loss Support Group: Recreating Your Life meets on Wednesdays from 10 to 11:30 a.m. in Room C77. If you have felt challenged adapting to aging or the loss of someone dear to you, the Support Group may be just the right place for you to find comfort and understanding from a group of peers. The group gives each other encouragement and support as they learn to adapt to changing circumstances. The group is led by trained peer counselors with many years of counseling experience. Otto Schnepf and Ella Deutsch, from the Center for Healthy Aging, lead the group. A \$2.00 donation is requested. Call Debbie at 310-253-6715 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 before attending.