

STAYING HEALTHY

Free Blood Pressure Screenings - Thursday, December 18, 12:30 to 2:00 p.m. in the Conference Room. Thank you to volunteers Linda Sanchez, Raymond Espinoza and Carmelita Bell for their valuable service.

Diabetes Support Group - All diabetics who are interested in meeting other diabetics to share needs, information and help one another are invited to attend. Tuesday, December 23, from 10:00 to 12:00 in Assembly Room B47.

MEMBER OF THE YEAR

This month we are honoring Martha Fink as our "Member of the Year for 2003." Martha has volunteered extensively and is always ready and willing to pitch in and help with her good humor and her many talents.

Martha was born in New York and spent a lot of her younger years in New Jersey. Martha is very proud of her two children, Sheila and Craig, and her three grandchildren. She moved to California in 1970 where she met and married her husband, Dr. Joe Fink, who has since passed away.

The Discovery Eye Institute at Cedars-Sinai Hospital was one of the fortunate recipients of Martha's volunteerism. In addition, she helped at the Center for the Partially Sighted. As Administrative Assistant for the Westside Fair Housing Council, Martha worked on discrimination and rent control issues. Fortunately for us, a neighbor pointed Martha in the direction of the Culver City Senior Center where she began her volunteer activities on the Telephone Resource Committee and the RSVP Wednesday Work Project. Martha can always be counted on to help with special events, such as the Flu Clinic, the Health Fair and the Fiesta La Ballona. One of her new volunteer positions is "Trip Escort" for the Senior Center trips. She is really looking forward to the Branson Trip in April. When not serving as a volunteer, Martha loves to attend the Tap Dancing Class here at the center, and looks forward to her yearly trip to Florida for her family reunion. For eight years, serving as the Secretary of the Board of her Co-Op apartments' association has kept Martha busy as well. She is also participating in a 7 year study at the Women's Health Institute at UCLA. Martha is a pleasant, enthusiastic volunteer who enjoys helping without expecting anything for herself.

We are pleased to honor Martha Fink as our "Member of the Year". She will be recognized at the Center Holiday Party on December 11 and her name will be added to the perpetual plaque in the Senior Center. She will also be honored at the Parks and Human Services Commission meeting in January.

Applications for the 2003 HOLIDAY FOOD CERTIFICATE PROGRAM will be accepted until Monday, December 8. The certificates will be mailed out around December 20. DONATIONS of cash, checks, or certificates will be gratefully accepted until December 10. Remember, there will be no distribution at the Senior Center. Contact Leslie Brandes at 310-253-6717 for information.

~~~~~  
**IN MEMORIAM**

*Charles Shindler      Winifred Bolds      Kay Stratton*

~~~~~  
BEREAVEMENT AND BEYOND

The Loss Support Group meets on Wednesdays from 10 to 11:30 a.m. in Room C77. The leaders of the group are Otto Schnepf and Eva Vollmer, peer counselors from the Center for Healthy Aging. A \$2.00 donation is requested at each session. Call Debbie at the Senior Center at 310-253-6715 before attending.
A Bereavement Group for those with recent losses meets on Wednesdays from 12 to 1:30 p.m. in the Conference Room. 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 the Senior Center at 310-253-6717 before attending.