STAYING HEALTHY

FREE BLOOD PRESSURE SCREENINGS – Thursday, May 15th, 12:30 to 2:00 p.m. Conference Room. Thank you to volunteers Linda Sanchez, Susan Tirta, and Raymond Espinosa for their valuable service.

DIABETES SUPPORT GROUP

The Diabetes Support Group usually meets monthly on the fourth Tuesday. This month the group will meet on the third Tuesday, May 20th at 10:30 a.m. Sharon Higgins, Dietitian, leads the group.

~~SENIOR OF THE YEAR~~

ANGELA ZEPEDA is the type of person who is always there to help when needed. She is willing and able to assist with any project and with a smile. She joined the Culver City Senior Center when she retired in 1992 to go on trips. She decided she was tired of “sitting home doing nothing” so she joined the Retired Senior Volunteer Program to “feel like I am doing something worthwhile.” She is also a member of the Grandparents Club, Merry Makers Club, and Always Young Club. For several years Angela has been an elected member of the Senior Center Board of Directors. During the annual membership drive in January, Angela is on duty every day to register members and make them feel comfortable sharing her omnipresent jar of candy. She assists at the annual Health Fair Expo, Fiesta La Ballona, Flu Shot Clinic, and Senior Prom.

Angela was born in La Salle, Illinois, one of seven siblings. She was raised in Chicago. After she finished high school she worked as a keypunch operator. In 1968, she got married and moved to California. Angela found a job at Avnet, and then helped her husband with a hot lunch truck. After that, she worked at Papermate Pen and retired from there. She has three children and one grandson. In the community, she is active in the Culver City Democratic Club and has worked at the election polls for 12 years. She is now an inspector. Angela is the best example of her philosophy of “everyone should try to do the best they can and help others.”

Angela will be honored at the Senior Center Older Americans Recognition Luncheon on May 27th, at the City Council meeting that night at 7:00 p.m. in Council Chambers at City Hall, and at the Los Angeles County Older Americans Recognition Event on May 26th.

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IN MEMORIAM

Hilda Wooten  Louise Miller (97 years old)  Pauline DiMarco (96 years old)  Lenore Tearle

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BEREAVEMENT AND BEYOND

The loss support group that met on Mondays is moving to Wednesdays. They will meet from 10 to 11:30 a.m. in Room C77. The leaders of the group are Otto Schnaepf and Eva Vollmer, peer counselors from the Center for Healthy Aging. A $2.00 donation is requested at each session. Call Sandy at the Senior Center at 310-253-6715 before attending.

A new bereavement group for those with recent losses will meet 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.