SENIOR OF THE YEAR
LINDA SANCHEZ

The Culver City Senior Center Board of Directors is pleased to honor Linda Sanchez as our "Senior of the Year" for 2006. For ten years, the Senior Center has benefited greatly from Linda's spirit of volunteerism and the 65+ hours she donates every month.

Linda's volunteer activities began in high school when the Red Cross came to University High School to ask for help with preparing bandages for the wounded during World War II. That activity inspired Linda to volunteer at the Veterens Hospital and ultimately led her to pursue a degree in nursing. She worked at UCLA Hospital for 20 years, where she also trained new interns. For many years, Linda has volunteered for the Red Cross and the schools. Linda was born in California and remembers working in the fields picking beans and cucumbers right near our present Senior Center location. She has been married to "an angel of a man" for 58 years. Their five daughters attended Culver City schools, completed college and have gone on to successful careers and raising Linda's 7 grandchildren and 1 great grandson. Linda also helps her husband run his landscape contracting business when she is not busy volunteering. For her role in shepherding a group of Camp Fire Girls for years, chairing their fundraising drives and volunteering as a Camp Nurse, Linda was awarded one of the highest honors given by the City of Los Angeles to special volunteers who work with youth.

Linda joined the Senior Center at first because of our trips but soon became involved with the Latino Group. She helps at the weekly work project of the RSVP, translating and supervising a group of Latinos so they are able to participate in the projects. Once a month, Linda helps with the blood pressure screening here at the Senior Center. She is proud of this service that she knows has helped save lives. Every year, Linda gives injections at our Flu Clinic and helps with the Women's Health Fair. As a member of the Board of Directors, Linda volunteers extensively in this role, helping with big parties and events and with the annual membership registration in January. As President of the Merry Makers Club, Linda supervises their activities, including the White Elephant Sales that raise money for different charities. Linda is an active, engaged senior who loves to stay busy, makes time for family fun and loves to volunteer. She especially enjoys "relating to people in all their glorious diversity." We are pleased to name Linda Sanchez our "Senior of the Year" and congratulate her on this well-deserved honor.

Linda will be honored at the Senior Center Older Americans Recognition Luncheon on May 23, and at the Los Angeles County Commission on Aging's 41st Annual Older Americans Recognition Day Awards Program on May 17.

STAYING HEALTHY

Free Blood Pressure Screenings—Our volunteer nurses offer blood pressure screenings on a regular basis. The blood pressure screenings are held on the third Monday of every month from 12:30-2:00 p.m. in Room C73. The Blood Pressure Screening in May will be on Monday, May 15.

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 May will be Thursday, May 25 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. The group meets on May 8 and May 22. 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, this 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 Schneppe 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. No walk-ins, please.

IN MEMORIAM

Rose Fisher
Adele Morris