SENIOR OF THE YEAR
HENRIETTA BERMAN

The Culver City Senior Center Board of Directors is pleased to honor
Henrietta Berman
Senior of the Year for 2008

Volunteering to help others has been a way of life for Henrietta. She learned the spirit of
volunteerism from her mother and father and has an incredible record to show how well
her parents imparted their values to her. When Henrietta retired in 1978, she immediately started volunteering at the
Culver City Senior Center and now has nearly 20,000 Lifetime Hours! For 30 years, Henrietta has been active in the
Retired Senior Volunteer Program and still comes every Wednesday to help with the Work Project. She also crochets
cloths and little kittens for the children in the Orthopaedic Hospital, a charitable institution devoted to the care of
crippled children. Henrietta estimates that she has donated well over 5,000, a project that she knows has made many,
many children happy over the last 30 years.

Henrietta and Leon, her beloved husband of 68 years, moved to California from Boston during the Depression with
"a suitcase and fifty dollars." They raised four wonderful children, who all have advanced degrees. Henrietta and Leon
worked as a team all their charity work. They were very involved in the schools during their children's upbringing and
were awarded an honorary life membership to the PTA. In addition to the 30 years of volunteer activities and the
dancing exhibitions that Henrietta and Leon put on for the Friday Club at the Senior Center, they gave dance lessons to
raise funds for their temple. Henrietta was Chairperson of Fundraising for the United Jewish Welfare for 25 years, and
received their highest honor, "The Welfie," many times. She also worked for many other non-profit organizations,
including the United Way, American Cancer Society and the Red Cross. For 26 years, Henrietta also volunteered at
Meals on Wheels. What a wonderful example of the true spirit of volunteerism! Congratulations to Henrietta for
receiving the well-deserved honor of "Senior of the Year" for 2008. Henrietta will be honored at the May 12 meeting of the
City Council and at the Los Angeles County Commission on Aging's 43rd Annual Older Americans Recognition Awards
Program on May 29, 2008. She will also be honored at the "Older Americans" Party at the Senior Center on May 23.

STAYING HEALTHY

Free Blood Pressure Screenings: Our volunteer nurses offer blood pressure screenings on a regular
basis on the third Monday of every month from 12:00-2:00 p.m. The screening this month will be on
Monday, May 19. Thank you to our volunteer nurses, Linda Sanchez and Semiko Niwayama.

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 on the third Wednesday of the month. The
meeting for this month will be Wednesday, May 21 from 9-11 am. Joya Parenteau 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 C75 from 9:30-11:00 a.m. This month the group will meet on May 12 only,
Due to the Memorial Day Holiday on May 26. Janice Goldhaber, M.A., MFT, 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) 253-6715 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. A NEW GROUP HAS
FORMED THAT MEETS ALTERNATE FRIDAYS at 10:00 a.m. Contact Leslie.

IN MEMORIAM

Elliot Weiss
Irene Valdez (96 years old)