Barbara Silverstein

The Culver City Senior Center is proud to recognize Barbara Silverstein as our "Senior of the Year" for 2005. Barbara embodies the true spirit of volunteerism, always willing to undertake service to the Senior Center and to the Culver City community. She contributes nearly 30 hours of service per week at the Senior Center and innumerable hours of service as an active, involved member of her community.

Born and raised in the Los Angeles area, Barbara worked locally in her father's restaurants and learned a lot about business and food service. After college, she married and had three children. After two weeks at the J.C. Penney Company, Barbara was fast-tracked into management training. She retired after 33 years as a manager with the company. The Senior Center has benefited greatly from Barbara's expertise and positive energy. Barbara began her volunteer activity with distributing information about the Stay at Home program and working at the Fiesta La Ballona. The RSVP (Retired Senior Volunteer Program) needed a supervisor for the Wednesday Work Project. Barbara took on this responsibility and now supervises up to 100 people each week. She is always willing to help with health fairs, the annual membership registration and is in charge of all the fundraising for RSVP projects. Barbara has served as Treasurer for the Board of Directors for 3 years. Before 7:00 each morning, Barbara is at the Center to reconcile the previous day's finances and spends every day working for RSVP, Nutrition, Board business and helping any way she can. We now have a Large Print Library thanks to Barbara. A big bonus for us is the presence of Les, Barbara's husband, who now volunteers at the Center in order to see more of his wife! Les helps at all the parties and volunteers for the Nutrition Site on Wednesdays. He was a Greeter for the membership registration and helps at the Fiesta La Ballona as well. We are so fortunate to have the benefit of both Les & Barbara's volunteer activities at the Senior Center.

As stated, Barbara has contributed innumerable hours of service to her community. Her activities have included: Corresponding Secretary for the Culver City Homeowner's Association; Volunteer Coordinator for the Fiesta La Ballona Planning Committee; Alternate from Culver City for the Community Development Block Grant; member of the Historical Society and she is active in local politics as well. In her "spare time" Barbara finds the energy to participate in fundraisers for the Aids, Breast Cancer and Alzheimer's Associations. We are very pleased to name Barbara Silverstein as our "Senior of the Year" and we congratulate her on this well-deserved honor.

Barbara will be honored at the Senior Center Older Americans Recognition Luncheon on May 24, and at the Los Angeles County Commission on Aging's 40th Annual Older Americans Recognition Day Awards Program on May 25.

STAYING HEALTHY

Free Blood Pressure Screenings - The volunteer nurses have resumed the 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. Meet in Room C73 on April 18. Thank you to volunteers Raymond Espinoza, Linda Sanchez and Carmelita Bell.

Diabetes Support Group - All diabetics who are interested in meeting others to share needs, information and help one another, are invited to attend. The meeting for April is Thursday, April 28, 10:00-12:00 noon. Sharon Higgins, Dietician, 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 April, the group meets April 11 and April 25. Janice Goldhaber, M.A., MFT, leads the group.

BEREAVEMENT AND BEYOND

The Loss Support Group meets on Wednesdays from 10 to 11:30 a.m. in Room C77. Otto Schneppe and Ella Deutsch, peer counselors from the Center for Healthy Aging, lead the group. A $2.00 donation is requested at each session. Call Debbie at 310-253-6715 before attending.

A 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, L.CSW, ACSW, Senior Center Social Worker. A $2.00 donation is requested at each session. Call Leslie at 310-253-6717 before attending.

IN MEMORIAM

Joan Casebier  Susan Gregory  Nobuo Mui