COUNCIL MEEINTGS
6pm
1st and 3rd Tuesday of each month

PLANNING MEETINGS
6pm
2nd Tuesday of each month

STANDING FINACIAL COMMITEE
6pm
1st Monday of each month

ECONOMIC DEVELOPMENT COMMITEE
4pm
2nd Wednesday of each month

Senior Services will continue to publish quarterly newsletters,. They will continue to be mailed out, or you can pick one up at the Senior Center. You can also read it on your computer. Go to the City of Beaumont website:
www.ci.beaumont.ca.us

Albert A. Chatigny Sr. Community Center
1310 Oak Valley Pkwy
Beaumont, Ca 92223
951-769-8539

Chicken Piccata with Pasta & Mushrooms

Chicken piccata, served over whole-wheat pasta, has a rich lemon-caper sauce that's made with extra-virgin olive oil and just a touch of butter for flavor. If you like, you can use a mild fish like tilapia or even shrimp instead of chicken breast

3 tsp - extra virgin olive oil - divided
1/3 cup - all purpose flour
2 cups - white wine
2 tbsp - lemon juice
1/2 cup - chopped fresh parsley
2 tbsp - capers - rinsed
2 tbsp - butter
6oz - whole wheat angel hair pasta
1/2 tbsp - salt - divided
1/4 tsp - ground pepper
4 - chicken cutlets
3 - lg cloves minced garlic
1 - 10oz package mushrooms sliced

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.
2. Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; cover and keep warm.
3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring, until the sauce is thickened, about 5 minutes.
4. Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

Beaumont Senior Center Newsletter 2017

Beaumont Sr. Services
1310 Oak Valley Pkwy
Beaumont, CA 92223
951-769-8539
Fax: 951-769-8519
Website: www.beaumontcares.com

Eileen Rodriguez
Community Services / Senior Services
Open: Monday & Thursday 8am - 3pm
Friday 8:00am - 12pm
****
Dial A Ride 951-769-8532

AARP Driver Safety Class

The Beaumont Senior Center is hosting a

2 day course:
Tuesday, Jan 31, 2017 - 12:30pm-4:30pm
Thursday, Feb 2, 2017 - 12:30pm-4:30pm
(8 hour course)

1 day course:
Tuesday, April 18, 2017 12:30pm-4:30pm
4 hour refresher course

$15.00 for members $20.00 non-members
Check or Money Orders only, No Cash.
Advance registration is required. RSVP for a seat call (951)769-8539. A 1 day class is offered for persons who have already taken the 2 day course within the past 3 years.

Adult Education	951-845-6012	Home Meals	800-510-202
Adult Protective Svs	800-491-7123	Housing Authority	951-351-0700
Animal Care/ Beaumont Police Dept.	951-769-8500	In Home Support	951-922.7585
Banning Senior Ctr	951-922-3250	IRS Hot Line	866-234-2942
BMT/CV Water Dist	951-845-9581	Medicare	800-633-4227
Beaumont City Hall	951-769-8520	Office On Aging	800-510-2020
Beaumont Library	951-845-1357	San Gorgonio Hosp	951-845-1121
Beaumont Dial-a-Ride	951-769-8532	Sr. Legal Hotline	951-368-2530
Beaumont Post Office	951-845-4715	Sr. Nutrition Program	951-849-1910
Chamber of Commerce	951-845-9541	Sheriffs Dept.	951-684-0911
Chatigny Com Center	951-769-8524	Social Security	800-772-1213
DMV	800-777-0133	So Cal Edison Co	800-655-4555
Grandparent Raising	951-791-3557	So Cal Gas Co	800-427-2200
Grand Children/Kin Care HELP	951-922-2305	VETS Express	909-825-7084
HICAP	800-434-0222	Waste Management	800-423-9986

Beaumont Senior Services
1310 Oak Valley Parkway
Beaumont, CA 92223

PRSRT STD
US POSTAGE PAID
BEAUMONT CA
PERMIT NO. 39

Important Facts About Falls

Falls are a threat to the health of older adults and can reduce their ability to remain independent.

However, falls aren't something that just happens when you age, there are proven ways to reduce falls.

Did you know that one in three older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a

- **Balance and gait:** As we age, most of us lose some coordination, flexibility, and balance— primarily through inactivity, making it easier to fall.
- **Vision:** In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.
- **Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.

Environment: Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.

Chronic conditions: More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

6 Steps to Reducing Falls

1. Enlist their support in taking simple steps to stay safe.

Ask your older loved one if they're concerned about falling. Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't get hurt—even if they've already fallen in the past. If they're concerned about falling, dizziness, or balance, suggest that they discuss it with their health care provider who can assess their risk and suggest programs or services that could help.

2. Discuss their current health conditions.

Find out if your older loved one is experiencing any problems with managing their own health. Are they having trouble remembering to take their medications—or are they experiencing side effects? Is it getting more difficult for them to do things they used to do easily?

Also make sure they're taking advantage of all the preventive benefits now offered under Medicare, such as the Annual Wellness visit. Encourage them to speak openly with their health care provider about all of their concerns.

3. Ask about their last eye checkup.

If your older loved one wears glasses, make sure they have a current prescription and they're using the glasses as advised by their eye doctor.

Remember that using tint-changing lenses can be hazardous when going from bright sun into darkened buildings and homes. A simple strategy is to change glasses upon entry or stop until their lenses adjust.

Bifocals also can be problematic on stairs, so it's important to be cautious. For those already struggling with low vision, consult with a low-vision specialist for ways to make the most of their eyesight.

4. Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair.

These are all signs that it might be time to see a physical therapist. A trained physical therapist can help your older loved one improve their balance, strength, and gait through exercise. They might also suggest a cane or walker—and provide guidance on how to use these aids. Make sure to follow their advice. Poorly fit aids actually can increase the risk of falling.

5. Talk about their medications.

If your older loved one is having a hard time keeping track of medicines or is experiencing side effects, encourage them to discuss their concerns with their doctor and pharmacist. Suggest that they have their medications reviewed each time they get a new prescription.

My mom had an elaborate spreadsheet to keep track of her medications and schedules. Adding a timed medication dispenser that my sister refilled each month promoted her peace of mind and allowed us to ensure her adherence to the prescribed regime.

Also, beware of non-prescription medications that contain sleep aids—including painkillers with "PM" in their names. These can lead to balance issues and dizziness. If your older loved one is having sleeping problems, encourage them to talk to their doctor or pharmacist about safe alternatives.

6. Do a walk-through safety assessment of their home.

There are many simple and inexpensive ways to make a home safer. For professional assistance, consult an Occupational Therapist. Here are some examples:

- **Lighting:** Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night.
- **Stairs:** Make sure there are two secure rails on all stairs.
- **Bathrooms:** Install grab bars in the tub/shower and near the toilet. Make sure they're installed where your older loved one would actually use them. For even greater safety, consider using a shower chair and hand-held shower.

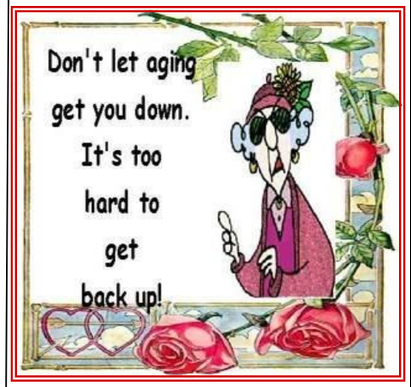
Here are five common myths about falls, busted by

Myth 1
Falling is something normal that happens as you get older.
Reality:
Falls are not a normal part of aging. Studies show that a combination of intervention can significantly reduce falls among older adult, including:

- **engaging in a physical activity program with balance, strength, and flexibility components**
- **Consulting with a health Professional about a falls risk assessment**
- **Reviewing medications periodically**
- **Getting vision and hearing checks annually**

Making sure the home environment is safe and support

Myth 2
Falling happens to other people, not to me.
Reality:
Many people think, "It wont happen to me." but the truth si that one in three older adults—about 121 million-falls every year in the U.S.
Myth 3:
Muscle strength and flexibility cant be regained.
Reality:
While we do lose muscle as we age, exercise can partially restore strength and flexibility. Its never to late to starts a graduated exercise program that includes balance training.
Myth 4:
Taking medication doesn't increase may risk failing.
Reality:
Medication may increase a risk of falling by sometimes making a person dizzy or sleepy. Talk to a health care provider about potential side effects or the interactions of medications.
Myth 5:
I don't need to talk to family members or my healthcare provider if I'm concerned about my risk of falling.
Reality:
Falls prevention is a team effort. Talk with a doctor, family and anyone else in a position to help. Let them know about your concerns and together take steps to reduce risk including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.



ANIMALS

G	E	S	U	O	M	H	N	W	R	B	W	C	W	L
X	D	A	Q	H	J	X	O	O	M	L	T	H	W	J
B	W	S	H	N	L	H	T	P	I	C	R	A	W	M
Y	W	M	E	F	F	A	R	I	G	L	K	D	O	G
R	C	K	R	R	R	S	Y	K	T	H	I	P	P	O
J	T	O	W	I	E	F	B	X	X	L	Q	R	J	E
D	R	O	T	A	G	I	L	L	A	E	B	Z	H	X
T	H	N	X	P	I	C	L	F	C	R	V	Z	S	Z
V	N	H	R	S	T	H	E	T	D	R	I	B	I	Q
N	Z	A	C	S	T	Y	X	L	W	I	N	H	F	L
W	U	Q	H	K	L	J	A	E	A	U	F	A	H	F
V	Q	Q	D	P	O	Y	K	N	V	Q	Z	A	T	V
X	M	T	L	Q	E	T	J	Y	E	S	Y	R	C	H
T	A	C	K	Q	C	L	K	M	O	N	K	E	Y	R
P	T	S	H	W	L	Y	E	T	D	R	A	H	T	L

CAT	HIPPO	MOUSE	TIGER
DOG	SQUIRREL	MONKEY	
BIRD	GIRAFFE	ALLIGATOR	
ELEPHANT	FISH	LION	