



Greetings from Your American Canyon Senior Center!

November 2021

Greetings AC! We want to assure you that your local government is still working for you during these unpredictable times. The American Canyon Senior Center is here for you. Please call if you need anything at all. You can reach us at (707) 647-5350 from 9 AM - 12 PM, Monday – Friday. City offices will be closed on Thursday, November 11th in observance of Veterans' Day and Thursday, November 25th – Friday, November 26th in observance of the Thanksgiving holiday. If you reach our voicemail, be sure to leave a message, and we will get back to you within a business day. For assistance, call the following: For emergency calls only, dial 911. For Non-Emergency Police or Fire Dispatch, dial (707) 253-4451. For urgent public works or parks matters, call our answering service at (707) 995-8674.

Attached you will find:

- Resources regarding alzheimer awareness, free legal aid, and more!
- Virtual Class Information from the American Canyon Senior Center
- Flyers for November Events
- And More!

The best way to hear news from the City of American Canyon is to subscribe to our email list serve. If you would like to receive email updates from the City with content like this, visit www.cityofamericancanyon.org and look for the envelope on the right side of the screen. It looks like this:



Click on the envelope and enter your email address, choose the topics you would like to subscribe to, and you are all set!

Sincerely,

Jason Holley
City Manager



INFORMATION

AND

RESOURCES



VIRTUAL CLASS OFFERINGS

Sign Language Class – Mondays 1-2PM;

This introductory class in Sign Language will help introduce and improve your knowledge of American Sign Language (ASL), improve your mental acuity, and increase your ability to reach out and connect to our deaf community. Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

Morning Yoga - Mondays and Wednesdays 9-9:50 AM

Yoga can improve and maintain overall health. Learn to control stress while increasing flexibility, strength, and balance at home! Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

*In-person options are available for this class, please call the Senior Center at (707) 647-5350 to reserve your space.

Forever Young Fitness - Mondays, Wednesdays, & Fridays 10-10:50 AM

This long-running fitness class has many devoted followers who enjoy the sociability and fun it offers. This class is a great way to exercise your body and keep you feeling young with basic stretches and exercises, low impact workouts, dancing, and laughter. To get the most out of this at-home virtual class, please dress comfortably, ensure you have enough free space in your exercise area and have a towel and water nearby. Please email mlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

*In-person options are available for this class, please call the Senior Center at (707) 647-5350 to reserve your space.

Your aging brain.

Being told that additional tests are needed because your inability to remember things or problems with talking or thinking can trigger fear, denial and other worries. You are not alone. What is important is that you take action to get a complete clinical evaluation early so you can know what you are facing and what you need to do to be able to live your best life.

Why get checked?

A diagnosis of dementia or Alzheimer's disease can be frightening, but many experience a sense of relief in knowing their problems are due to a disease. Additionally, an early diagnosis allows those affected to be actively involved in important health and planning decisions and to gain access to treatments, clinical trials and support services.



To learn more about the value of a timely diagnosis, [visit **alz.org/getchecked**](https://www.alz.org/getchecked).

Confronting memory or thinking problems.

As we age, many of us have memory or function-loss issues — and not all of these issues are due to dementia or its most common form, Alzheimer's disease. Only a full evaluation can determine if your symptoms are related to dementia or a reversible cause.



24/7 Helpline – 800.272.3900

Care specialists and master's-level clinicians provide reliable information and support all day, every day.



To learn the general steps to diagnosis, visit [**alz.org/diagnosis**](https://www.alz.org/diagnosis).



To learn more about specific tests and brain scans that may be ordered to evaluate your symptoms, visit [**alz.org/dementiatests**](https://www.alz.org/dementiatests).



To learn what is normal aging and what is not, [**visit **alz.org/10signs****](https://www.alz.org/10signs).



Contact your local chapter to learn more. Find a chapter near you at [**800.272.3900**](https://www.alz.org/findus) or visit [**alz.org/findus**](https://www.alz.org/findus).



It's unfortunate I waited a year to get a diagnosis because that meant an additional year of worry, concern and hiding my issues from family and friends. I was exhausting myself needlessly when getting a diagnosis actually simplified and improved my life greatly.

Lou B. - An individual living with Alzheimer's disease



Call our 24/7 Helpline. All day, every day. 800.272.3900.

alzheimer's  association®

Usted no está solo.

Existen muchos problemas de salud que pueden causar problemas con la memoria o el razonamiento. Las enfermedades que se pueden tratar incluyen deficiencias de vitaminas, depresión e interacciones entre medicamentos. Saber qué es lo que causa los síntomas le permitirá obtener el máximo beneficio de los tratamientos disponibles, tener más tiempo para planificar el futuro y buscar cualquier apoyo y servicios necesarios.

Busque información.



Visite alz.org/espanol para acceder a más información sobre la demencia y la enfermedad de Alzheimer. Desarrollado específicamente para la comunidad latina, este sitio ofrece información sobre la obtención del diagnóstico, los tratamientos disponibles y los servicios de apoyo para las personas con demencia y sus cuidadores.



Tome un taller gratuito en español en línea en alz.org/elearningespanol.

- Conozca las 10 Señales De Advertencia: La Detección Temprana es Importante
- Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer

Conéctese con otras personas.



Visite nuestro tablero de mensajes (Discusiones en Español) en ALZConnected® (alzconnected.org), nuestra comunidad en línea.



Participe en un grupo de apoyo. Busque un grupo en su área en alz.org/communityresourcefinder.



Contacte a la Alzheimer's Association para obtener más información. Busque una oficina cerca de usted llamando al **800.272.3900** o visitando alz.org/findus.



Una de las cosas más importantes que nos sucedió al principio fue conectarnos con la Alzheimer's Association.

Tom Allen, cuidador



**Llame a nuestra Línea de ayuda las 24 horas, los 7 días.
Disponibilidad todo el día, todos los días, al 800.272.3900.**

alzheimer's  association®

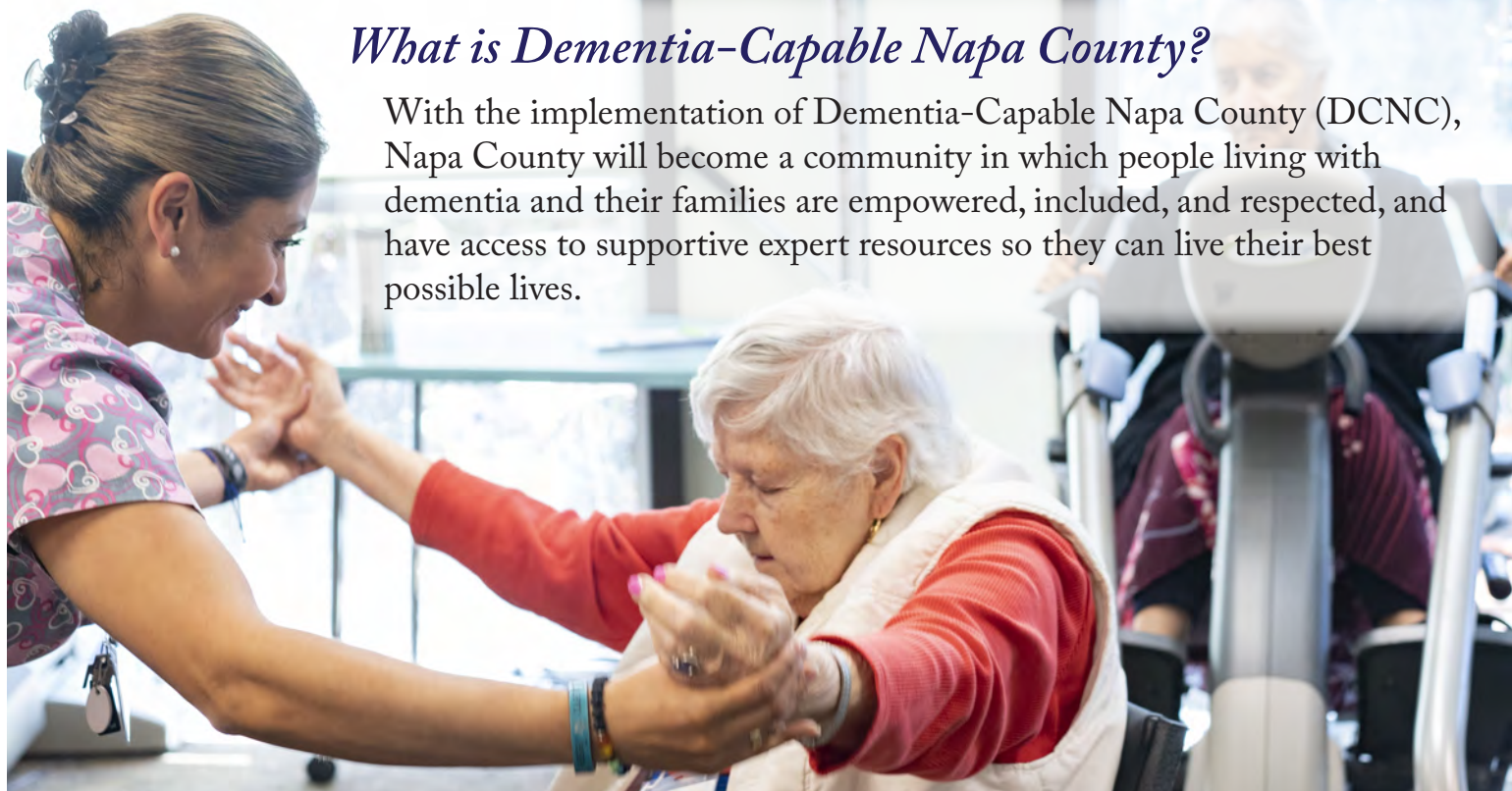


Dementia-Capable Napa County

A PROGRAM BY COLLABRIA CARE

What is Dementia-Capable Napa County?

With the implementation of Dementia-Capable Napa County (DCNC), Napa County will become a community in which people living with dementia and their families are empowered, included, and respected, and have access to supportive expert resources so they can live their best possible lives.



Dementia-Capable Napa County will...



- Identify community members living alone with Alzheimer's disease or other related dementias (ADRD) and help connect them to the appropriate services.
- Provide family members the tools they need to manage the difficult behaviors and conditions that can accompany ADRD.
- Provide training for first responders, community leaders, and others so they have the tools and strategies to identify those with ADRD and make referrals



**Dementia-Capable
Napa County**

A PROGRAM BY COLLABRIA CARE

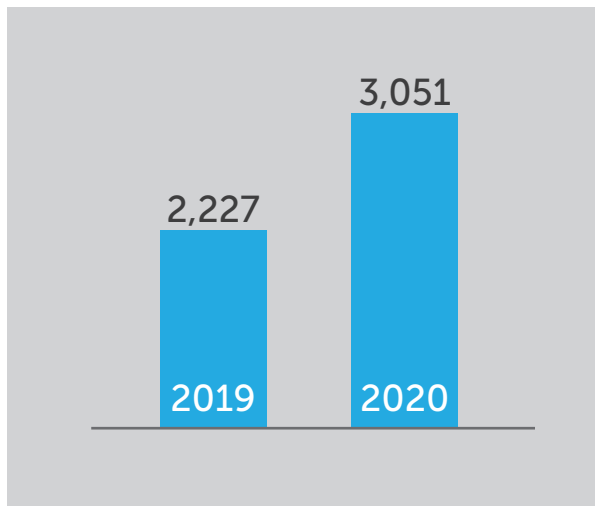
414 South Jefferson St
Napa, CA 94559
707.258.9080

If so, Dementia-Capable Napa County will...

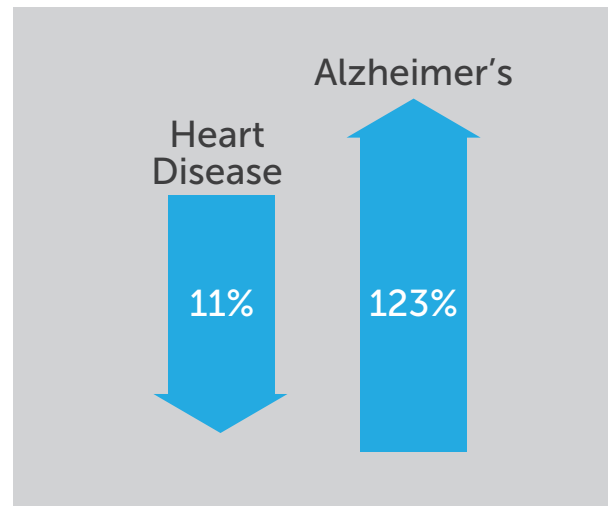
- Expert interventions by Medical Social Workers and Community Health Worker to support those living alone.
- Medical Social Worker provided individual consultations with family members caring for someone with Dementia or memory loss concerns
- Offer community-based education classes for Caregivers on dementia care
- Customized Dementia trainings for Napa County agency's dedicated to creating an age-friendly community (Napa County Navigators)
- Provide consultation and trainings for the staff of Queen of the Valley Medical Center (QVMC)
- Expanding services in our Day Program with two evidence-informed caregiver interventions (RDAD & STAR-C)

Why Napa County?

Population of Napa County 65+: 26,659 or 19.1%



Population of Napa County 65+
Living with Alzheimer's



Deaths in Napa County
2000-2015



**Dementia-Capable
Napa County**

A PROGRAM BY COLLABRIA CARE

To participate in DCNC,
please contact Melissa Gerard,
mgerard@collabriacare.org
707.815.6258

LEGAL SERVICES
of
NORTHERN CALIFORNIA



NAPA COUNTY SENIORS (60+) FREE LEGAL AID

**CONTACT US TODAY FOR ASSISTANCE WITH
YOUR CIVIL LEGAL ISSUES**

Housing Preservation | Public Benefits | Economic Stability
Health Care Access | Consumer Rights | Civil Rights

Call 707-515-4105

Please identify yourself as a Napa County resident



VIRTUAL PROGRAMS

BY PARTNER

ORGANIZATIONS



Mind Boosters & Brain Fitness Online

We have combined both programs for people who are concerned about their memory, or are in the early stages of memory loss and want to be proactive in maintaining their brain health.

Why Attend?

It's FUN! Participants enjoy the benefits of:

- Increased mental stimulation
- Increased socialization, support, and encouragement

You LEARN!

- New techniques for memory enhancement
- The 5 Domains of Brain Health
- The connection between physical activities, exercise, and overall brain health

**Classes are offered
online via Zoom**

Details provided upon registration

**2nd and 4th Thursdays
of the month**

11:00 a.m. to 1:00 p.m.

REGISTRATION

Contact Veronna Ladd
707.258.9087

vladd@collabriacare.org



Collabria Care

This program is generously sponsored by:



Care and comfort at a moment's notice.



ZOOM INTO WELLNESS

Join in this Fall for monthly live sessions on health and wellness

MONDAYS

9/13, 10/18, 11/08, 12/13, 5-6 P.M. (PST)

FREE REGISTRATION:

[TU.EDU/ZOOMINTOWELLNESS](https://tu.edu/zoomintowellness)



Soroptimist of American Canyon Presents...



Via Zoom

Thursday, November 18th at 7p.m.

Please sign up by Wednesday, November 17th at
<https://lf.cityofamericancanyon.org/Forms/BingoNight>

Join Zoom Meeting
<https://us02web.zoom.us/j/87076367822>

CITY OF
AMERICAN
CANYON



BRAIN TEASERS

AND

COLORING PAGES

Jiminy Cricket and Other Fictional Characters

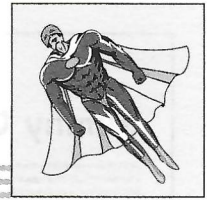


Over the past century, fictional characters from radio, movie, print, and television have delighted and entertained us. Although the characters below are just a few of the many, they are some of the more famous personalities from a variety of media. Read each question, and name the fictional character to which it refers.

1. Which British outlaw lived in Sherwood Forest and robbed from the rich to feed the poor?
2. What famous lumberjack did his work with his faithful blue ox, Babe, and his seven axmen, all named Elmer?
3. What "man of steel" is known for being "faster than a speeding bullet" and is the most popular comic book character of all time?
4. Which cheery character first appeared in 1928 and is known worldwide as the symbol of Disneyland, the happiest place on earth?
5. Which British mythological figure became the leader of the Knights of the Roundtable?
6. Which detective solved mysteries from his home at 221B Baker Street with the help of his dear friend, Dr. Watson?
7. Gene Wilder portrayed which character in the 1971 film where a boy wins the "golden ticket" and gets to tour a magical chocolate factory?
8. Which character, who lives among the apes in the jungle and swings from the vines, made his first appearance in 1912?
9. What fictional British spy, known as "007," has a reputation for being a womanizer and was first portrayed by Sean Connery?
10. What bald-headed character was Little Orphan Annie's adoptive father in the 1924 comic strip and in later productions of the story?
11. What pet beagle is Charlie Brown's friend and is known for sleeping on his doghouse and enjoying the company of his good friend, Woodstock?
12. What vain and selfish character in the movie *Gone with the Wind* was torn between her love for a southern gentleman, Ashley, and a smooth ladies man, Rhett?
13. Which leading character in *The Maltese Falcon* was famously portrayed by Humphrey Bogart?
14. What ill-tempered, frugal man gets a visit from the ghosts of Christmas past, present, and future in *A Christmas Carol* by Charles Dickens?

Jiminy Cricket and Other Fictional Characters

ANSWER SHEET



1. Which British outlaw lived in Sherwood Forest and robbed from the rich to feed the poor?
Robin Hood
2. What famous lumberjack did his work with his faithful blue ox, Babe and his seven axmen, all named Elmer?
Paul Bunyan
3. What "man of steel" is known for being "faster than a speeding bullet" and is the most popular comic book character of all time?
Superman
4. Which cheery character first appeared in 1928 and is known worldwide as the symbol of Disneyland, the happiest place on earth?
Mickey Mouse
5. Which British mythological figure became the leader of the Knights of the Roundtable?
King Arthur
6. Which detective solved mysteries from his home at 221B Baker Street with the help of his dear friend, Dr. Watson?
Sherlock Holmes
7. Gene Wilder portrayed which character in the 1971 film where a boy wins a "golden ticket" and gets to tour a magical chocolate factory?
Willy Wonka
8. Which character, who lives among the apes in the jungle and swings from the vines, made his first appearance in 1912?
Tarzan
9. What fictional British spy, known as "007," has a reputation for being a womanizer and was first portrayed by Sean Connery?
James Bond
10. What bald-headed character was Little Orphan Annie's adoptive father in the 1924 comic strip and in later productions of the story?
Daddy Warbucks
11. What pet beagle is Charlie Brown's friend and is known for sleeping on his doghouse and enjoying the company of his good friend, Woodstock?
Snoopy
12. What vain and selfish character in the movie *Gone with the Wind* was torn between her love for a southern gentleman, Ashley, and a smooth ladies man, Rhett?
Scarlett O'Hara
13. Which leading character in *The Maltese Falcon* was famously portrayed by Humphrey Bogart?
Sam Spade
14. What ill-tempered, frugal man gets a visit from the ghosts of Christmas past, present, and future in *A Christmas Carol* by Charles Dickens?
Ebenezer Scrooge

FACILITATOR: Fictional characters have added to our enjoyment of movies, books, television shows, and more for many, many years. Ask participants for their favorites. Who are other fictional characters? Which current favorites do they recognize? *Shrek*? *The Little Mermaid*?

License Plates of the United States



Automobile license plates are used throughout the world to identify to whom the vehicle is registered and where it is registered. In addition to identification purposes, license plates have also been the focus of travel games. One such game was trying to find plates from each of the 50 states in the shortest time possible. Often this took hours! Identify which state uses or used the following slogans on their license plates.

1. The First State
2. The Last Frontier
3. Land of Enchantment
4. The Silver State
5. Garden State
6. Grand Canyon State
7. Big Sky
8. Famous Potatoes
9. Show-Me State
10. Land of Lincoln
11. 10,000 Lakes
12. World's Motor Capital
13. Great Faces, Great Places
14. Volunteer State
15. Greatest Snow on Earth
16. Green Mountain State
17. The Empire State
18. Sunshine State

License Plates of the United States ANSWER SHEET



- | | |
|-------------------------------|--------------|
| 1. The First State | Delaware |
| 2. The Last Frontier | Alaska |
| 3. Land of Enchantment | New Mexico |
| 4. The Silver State | Nevada |
| 5. Garden State | New Jersey |
| 6. Grand Canyon State | Arizona |
| 7. Big Sky | Montana |
| 8. Famous Potatoes | Idaho |
| 9. Show-Me State | Missouri |
| 10. Land of Lincoln | Illinois |
| 11. 10,000 Lakes | Minnesota |
| 12. World's Motor Capital | Michigan |
| 13. Great Faces, Great Places | South Dakota |
| 14. Volunteer State | Tennessee |
| 15. Greatest Snow on Earth | Utah |
| 16. Green Mountain State | Vermont |
| 17. The Empire State | New York |
| 18. Sunshine State | Florida |

FACILITATOR: Chances are, many participants were born in the above states and are well aware of the license plates. Ask for the meaning of the descriptions. Do they know those of other states? Do they remember the color of their license plate? Have the colors changed over the years? Did they play games using license plates when they were young? When they were raising children? Which license plates were most difficult to find? How many states have they been to? Do they save license plates or did they do so in the past? Using a map would be helpful.

