Maintaining a close circle of friends can have a positive impact on well-being, especially as you grow older. From encouraging you to make better health choices to supporting you on difficult days, friends play a role in determining how long and how well we live. One challenge older adults face, however, is how to maintain a social circle during retirement. Friends might move away to live closer to their adult children and grandchildren. Work relationships may fizzle after retirement. Losing your spouse can cause a senior to be alone. Here’s steps you can take to rebuild your social circle. Research shows that when older adults have close friends, they are more likely to avoid some of the dangers associated with isolation. Those include diabetes, obesity, depression, and even early mortality. Having friends helps you stay engaged with life and the world around you. From attending local events to exercising and volunteering, social networks give mental and physical well-being a boost. If you are an older adult who is struggling to make new friends, we have some ideas you might find helpful.

**Take a class.** Tackling a new hobby gives your brain a healthy workout. It also provides you with an opportunity to meet new people. Think about something you’ve always wanted to learn, and then find a place that offers classes. Maybe it’s learning to play the guitar or the drums or how to speak a different language. Senior centers, libraries, parks, art museums, and community colleges usually offer inexpensive classes and programs.

**Volunteer work.** Another great way to meet like-minded people is by volunteering. Choose an organization or cause you believe in and volunteer to help. You’ll likely find you enjoy the opportunity to share your time and talent.

**Find a fitness group.** Friends can influence how well you live. So, connecting with a group of fitness conscious seniors will likely help you improve your overall well-being. Many health clubs offer senior discounts.

**Join a club.** Shared interests and hobbies can also help friendships grow. If you like gardening, find a local garden club you can join. Think about your favorite pastimes and explore the clubs available in your area.

**Spiritual organizations.** Seniors may find themselves more interested in activities that nurture their spiritual side. It can provide you with an opportunity to meet people.

**Join a Senior Center.** Most local communities have senior centers. These organizations offer a wide variety of programs and activities every day. Many also offer meals, and the cost is very reasonable. Getting involved can help you expand your social network and make new friends.
DECEMBER IS...

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>National Drunk / Drugged Driving Prevention</td>
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<td>National Christmas Lights Day</td>
<td>Dec 1st</td>
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<td>National Miners Day</td>
<td>Dec 6th</td>
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<td>National Poinsettia Day</td>
<td>Dec 12th</td>
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<tr>
<td>National Ugly Sweater Day</td>
<td>Dec 20th</td>
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<tr>
<td>National Handwashing Awareness</td>
<td>Dec 1-7</td>
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**Happy Birthday To You**

- Mae Johnson  12-15
- Mary K Williams 12-24
- Karen Leverenz  12-26

**Birthday Celebration  December 19th**

**DECEMBER BORN**: Are fun to be around.

These honest and trustworthy individuals are unassuming and amicable, however they often tend to be a little short tempered, and can be a little assertive at times.

**Flower**: Narcissus, sometimes Confused with the Daffodil symbolizes good wishes, faithfulness and respect.

**Birthstone**: Turquoise / Zircon. It is one of the earliest stones used in jewelry, even as early as 5500 BC. Zircon is the secondary stone for the month. Zircon colors can range from red to brown and from orange to yellow.

On behalf of the YWCA Senior Center, Thank You to our Advertiser’s for generously supporting our publication.

**Activities for Dec !!!**

- Chair Tai Chi
- Name that Tune
- Fire Drill
- Santa Clause visits

**WRINKLES ARE ENGRAVED SMILES**
DECEMBER

GRINCH

GRINCH
CINDY LOU WHO
WHOVILLE
ROAST BEAST
JINGTINGLERS
MEAN ONE
MAX

HEART
PUZZLER
RIBBONS
TAGS
STINK
STANK

STUNK
VILE
WHO HASH
NOISE
CHRISTMAS
FLOOFLOOBERS
ROTTEN

D T L A S I L P P O N B S T I N K O C Z
O A K H U S T I M O R E A D Q S I N G H
C H R I S T M A S S V I R A L E T A Y S
A H O W E M B R A T L I U B V C X C K A
J C A N D Y Q E B O N C L T U X Y I J H
I M S T A N H W O K P R M E A N O N E O
N I T S N G A C J R Y T A K Z W I D U H
G O B B L E R X H T S Q Y B R A M Y O W
T W E T E S D I M U R E K V I M O L P S
I N A F S H O T N G O J P R L S T O L F
N O S E I W R N V C K T E W Z B C U F E
G L T A O R Q S Y W H O V I L L E W I J
L E A F N H O M Y K I G E R J W Z H X B
E S F A M F L O O F L O O B E R S O R H
R E A C H T O M G B A K E D R Y Z G E V
S N O T R I B B O N S B I U O D A O L E
Y R Q A S G H O M I T K A S T A N K Z U
C F E H U D J M A R I N K V T O L C Z L
N H G W A T N O X H T U Y C E J R S U P
I N O Y B M U E L B Z T K P N T W F P I
M A R T A G S Y K O D S I L O E G J Y W
WHAT’S HAPPENING

Enjoying lunch together

Having Fun

Getting Gifts Ready

Crazy Hat Day

Fire Drill Info

Rx Matters Presentation
UGLY XMAS SWEATER DAY

Is a day that is set aside in December when everyone pays homage to the tackiness that has become a tradition by wearing an ugly Xmas Sweater. That day this year is December 20th. On this day, people should find the tackiest, most ugly Xmas sweater that they can find and wear it all day long no matter where they go or what they do. To fully participate you’re not allowed to have any breaks throughout the day, and if you’ve got any special plans, well, the sweater will have to go with you. Some people have ugly Christmas sweaters that someone made for them or that they made themselves. Others buy theirs. It does not matter where you get your sweater, it just matters that you wear it. Love them or hate them, there’s no denying that a jazzy Xmas sweater is enough to put anyone in the holiday mood. Some people think ugly Xmas sweaters are beautiful in every way, while others are less than impressed by the appearance of these bold items. Wearing a Xmas sweater can make anyone look like they’re up for a good time. Once you and your family all have your ugly Xmas sweaters on you can all get together and pose for your Xmas photo. Won’t that be a sight? There’s no better way to immerse yourself in the festive season than putting on your Christmas sweater a few days before December 25th. You could even make a tradition out of it or have competitions within your family to see who can get the ugliest Xmas sweater each year. Show off your ugly Xmas Sweater!

HANDWASHING AWARENESS

Personal hygiene begins and ends with our hands. And though we’re taught as youngsters to wash our hands before dinner, it’s important to remember that germs don’t care what time of day it is. Clean hands prevent sickness. So it’s especially important to learn the basics about hand hygiene. Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean between the fingers and under the nails. Wash your hands before eating. Do not cough or sneeze into hands and do not touch eyes, nose or mouth.

Do you know: Handwashing can prevent 1 in 3 diarrhea related illnesses and 1 in 5 infections, including the flu? That only 31 percent of men and 65 percent of women washed their hands after using a public restroom? Using antibiotics creates resistance, so people need to use less antibiotics? Happy hands are happy hands and happy hands make for happy and healthy homes, and helps prevent the spread of germs. National Handwashing Awareness Week reminds everybody, especially those who prepare the food we eat to take cleanliness and hygiene seriously.
AVOIDING FINANCIAL SCAMS THIS HOLIDAY SEASON

Scams that target older individuals, unfortunately occur every day. During the holidays, however, scammers work hard to target people’s generosity and emotions at a higher rate. Listed below are types of scams that can occur during the holidays:

**Grandparent Scam**—This is one of the more common scams in which an imposter pretends to be a loved one in trouble who desperately needs money to fix a car or get out of jail – and home for the holidays. These scams will have a sense of urgency and the scammer hope that you will not attempt to verify. Always ensure that you reach out to your loved one and verify that they do in fact need your financial help before transferring any funds.

**IRS Scam**—These are typically threatening phone calls from scammers pretending to be the IRS or another government agency. They will threaten you with jail time if payments are not submitted to them directly. The IRS will **NOT** call to demand immediate payment, require you to use a specific payment method such as a prepaid debit card nor will they threaten you with arrest for not paying. Always contact the IRS (800) 829-1040 or the government agency in question before giving any financial information to verify if the claim is true. You can report suspected scams to the IRS or Federal Trade Commission. Their contact information can be found at www.irs.gov or www.ftc.gov.

**False Charities**—These scammers pretend to be organizations looking for donations. They may even review the internet and social media sites looking for a special connection to your life, such as a family member or community connection. If a caller claims to be from an established organization such as a hospital, charity, or law enforcement agency, call the charity directly. Ask if the organization is aware of the solicitation and has authorized the use of its name. The organization’s development staff should be able to help you. Scams always depend on an individual’s inability to verify that the information they state is true. Therefore, always make sure to seek guidance from a loved one or trusted resource before giving your financial information away.
For Your Information...

Welcome
Our Activity Program services are available for individuals who are 60 years of age & older

Suggested Meal Program Contributions:
For Eligible Seniors & Disabled Adults

Dining Room.......................... $2.50
Dial-A-Ride (each way)............. $1.00
S.A.I.L. Program ..................... $2.50

Meals on Wheels:
Private Pay Glendale.............. $8.00

Reservations
Reservations for lunch are requested. Call (623) 931-7436; 48 hours in advance
Seating on a first come, first serve basis.
No “saved” seats! Disabled participants may be served.

IMPORTANT!
Signatures and emergency information forms are REQUIRED by all who participate here; as this is an eligibility program.
The form is confidential and updated annually. Participants must be independent and able to take care of their personal needs and be cognizant of their surroundings. This is not an Adult Day Care site, but referrals can be made. If you use wheelchairs, etc., you must use them while in this facility.

Mobility devices must NOT block any walkways and bags/carts are not allowed in the dining room. Safety is most important to us!

Participant Grievance
The YWCA will provide a means to insure fair handling of participant complaints and grievances. For the purpose of these policies and procedures, a grievance means any dispute regarding the meaning, interpretation or alleged violation of these policies, procedures and services. Any participant seeking assistance or services through the YWCA senior programs who feels that he or she has not been treated fairly may appeal any decision rendered by filing a grievance.

Procedure
Participants who have a problem or complaint should first try to get it settled through discussion with the Staff.
If, after this discussion, the participant does not believe the problem or complaint has been satisfactorily resolved, he/she will have the right to discuss it with the Senior Center Director You may reach the Senior Center Director at (623) 931-7436.
If the grievance is not resolved in steps 1 or 2, the participant shall submit in writing a complaint detailing the basis for the grievance. The complaint will be submitted to the Senior Center Director within ten (10) working days.
The Senior Center Director will render his/her decision and comments in writing and return them to the participant within ten (10) working days.

Should the Senior Center Director fail to resolve the grievance, within ten (10) working days of the receipt of the grievance, the person may communicate the grievance in writing to the YWCA CEO within fifteen (15) calendar days.
The YWCA CEO will render a decision. The YWCA CEO has the final decision in appeals.
If the grievance is not resolved at the local level, it can be appealed to:

Contracts Department
Area Agency on Aging Region One, Inc.
1366 East Thomas Road, Suite 108
Phoenix, Arizona 85014
602-264-2255

Meet Our Staff...
Debbie Esparza, CEO
Kathy Saunders, Director
Bea Lopez-Parr, Program Assistant
Judith Pennell, Meals on Wheels Coordinator
And many others who make this all possible!

Program Locations:
Meals served at noon Monday-Friday at:
YWCA Valley West Center
8561 N 61st Avenue
623.931.7436

Glendale Adult Center
5970 W. Brown
623.930.4321

Glendale Community Center
5401 W. Ocotillo
623.930.4700

Japanese Senior Center
5414 W. Glenn Dr. (3rd Wednesday of Month only)
Sun Valley Gleaner Brown Bag food distribution every Thursday.

You do not need to be wealthy to leave a legacy. In addition to supporting the YWCA with your cash donations, you can also contribute to the sustainability of our efforts to better women’s lives in the long term.

Please call Debbie Esparza, CEO, at 602.258.0990 ext. 13 to discuss planned giving opportunities.

Thank you to our Funding Sources

Contributions may be given at the Lobby Desk for confidentiality purposes