



Bernardi Multi-Purpose
Senior Center

SENIOR MESSENGER

National Sleep Month
Message from The Director



March Holidays

- March 5— Mardi Gras
- March 8— International Women’s Day
- March 10— Daylight Savings
- March 17— St. Patrick’s Day
- March 20— Earth Day
- Bernardi Closed:**
- ♦ **March 18th**

INSIDE OUR
NEWSLETTER

Services and Programs....2

Activity Schedule.....3

Heart Disease Article.....4

More For You.....5

Dining Menu.....6

Puzzle and Joke.....7

Stay in Touch.....8

Wish List.....9

Swap Meet.....10

Tea Party.....11

Zumba.....12

Wii.....13

Trip.....14

Trip.....15

- THE MORE YOU KNOW
- We’re growing! Come on in and be a part of one of our fun activities.
 - Call us at: (818) 781—1101

Spring is near! Last month was full of love from both our seniors and our sponsors. Everyone had a blast at the valentine’s dance. Our Student volunteers came to help out every week. Our first Swap meet was a success despite the gray weather. We started our new Memory Improving Class as well as our matter of Balance Class. Our trip to Lake Shrine was great and the seniors got to have lunch at the beach. All in all, February was a good month for the center.

This month of March, we hope to achieve even more success for our center. We will be having two trips and a St. Patrick’s Day party.

Along with all the trips and festivities we would like to celebrate all the women of the community. This International Women’s Day we will be having our very first Annual Women’s Tea. We hope to start a tradition of pampering and empowering the senior ladies here at the Bernardi Senior Center.

Sincerely,

Stephanie Galloway
Executive Director

The older I get, the greater power I seem to have to help the world; I am like a snowball - the further I am rolled the more I gain.

- Susan B. Anthony

Nutritious Lunch

Monday – Friday at 11:30 am

A nutritious hot meal is served to seniors 60+ See our menu attached to this newsletter. Suggested donation:

⇒ \$3.10 for persons 60+

⇒ \$7.62 for persons 59 and under

Contact the nutrition coordinator Laura Correa

(818) 781-1101 ext. 211 with any questions

Home Delivered Meals

Monday – Friday

We provide one hot lunch to homebound seniors age 60+ who live alone, are physically unable to cook for themselves and are in a non-institutionalized setting. Members must live within the Bernardi service area.

⇒ Suggested donation \$3.10 per meal

Call Bernardi for more information

Meals on Wheels

Monday - Friday

Our dedicated volunteers provide a nutritious hot meal and cold supper, delivered at mid-day, five days a week to members who live **outside** of Bernardi's area to people who can't prepare meals due to illness, recent hospital discharge or other disability.

⇒ The cost is \$6 per day.

For more information call (818) 998-5350.



Funmuch.com

City Ride and Taxi Vouchers

We provide taxi vouchers when available. To be eligible, you must register with transportation and reside within Bernardi's Paratransit Aging Service Area.

Transportation

Monday-Friday 7:30 – 3:30pm, call 1-3 days in advance for service.

Provided to people 65+ who need to go to the doctor, dentist or shopping.

Suggested donation:

⇒ \$1 per trip inside our service area

⇒ \$2 per trip outside our service area

Each time you board a van is one trip. For more information call Lydia Aguilar (818) 997-8941 or (818) 781-1101

Case Management

If you are 60 and over, have difficulty performing tasks in your home or have declining health, you may be eligible for services. *Note:* our case manager can come to your home to do an assessment if you are frail or homebound.

If you are 62 and over, homebound, living alone and low-income you may be eligible for an Emergency Alert Response System (EARS).

Contact Ruth Cruz for more information (818) 781-1101

Medicare Counseling

Available through the Center for Health Care Rights.(800) 824-0780

Legal Services for Seniors

Wednesdays 1 -4 pm, By appointment only.

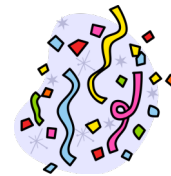
(818) 227-0490

Resources

If you need community referrals, general questions or help filling out forms, we can help.

Call (818) 781-1101 and ask for Leticia or the front desk.

Mondays	Thursdays
10—11:30 am..... Wii (Library)	9—10 amWalk with Ease (off-site)
9—11am.....Matter Of Balance (Auditorium)	12:30—2:30..... .BINGO (Auditorium)
12:30-1:30 pm.....Meditation-By Appointment	12:30-2 pmArt (Rm 3A)
12:30—2 pm.....BINGO (Auditorium)	12:30-1:30pm.....Memory Class (B Floor)
	Throughout the day Food Donations
Tuesdays	Fridays
9—10 am..... Walk with Ease (off-site)	9:30—12 pm.....Massage Therapy (Rm 3A)
10—11 am.....Physical Fitness (Auditorium)	9—11am.....Matter Of Balance (Library)
Game Day all Day	10—11am ...Computer Skills (assigned Dates)
12:30 - 2:30 pm..... Movie (Library)	12:30-2 pm ESL (Rm 3A)
Mind Strengthening Worksheets all Day	12:30—3 pmBINGO (Auditorium)
Wednesdays	Join us March 15th, for our
9—10 am..... Walk with Ease (off-site)	St. Patrick's Day Celebration!
12:30-1:30pmArt Therapy (Rm 3A)	
10—11 am.....Physical Fitness (Auditorium)	



Special Events

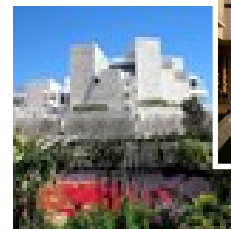


Swap Meet!! Saturday, March 16, 2019

9:00am—3:00pm
See page 10

Trip to Getty Museum! Monday, March 18, 2019

9:00am-1:30pm
See page 14



Trip to the Science Center! Monday, March 25, 2019

9:00am—1:30pm
See page 15

Times may change Ask the front desk Or call (818)781-1101 to confirm times

Relaxation Exercises for Falling Asleep

From the National Sleep Foundation

If you have trouble falling asleep, relaxation techniques can help you quiet your mind and calm your body. Try one of these simple exercises when you're in bed.

Breathing exercise

Close your eyes and notice your breathing. Turn all your attention to your natural breathing pattern and feel the air enter and leave your nose or mouth. Visualize the flow of air as it passes through your mouth, airways, down into your belly, and back out again. Survey your body for any tension, and as you exhale, feel the tension leave that part of your body. Visualize your breath reaching your forehead, your neck, your shoulders, your arms... and then releasing the tension as you exhale. If your mind wanders to another worry or thought, let it go and gently redirect your attention back to your breath.



Guided imagery

The idea in this exercise is to focus your attention on an image or story, so that your mind can let go of worries or thoughts that keep you awake.

Get into a comfortable position in bed. Close your eyes and relax. Begin to visualize a scene, memory, or story that you find calming. This is highly individual—find what works best for you by trying a few choices. For example: a favorite vacation or calming outdoor spot, a relaxing activity like curling up with a book in your favorite chair, or something repetitive like remembering the steps of an exercise or dance routine. The key is to find something that allows you to focus your attention and let go of other thoughts. Begin to create this scenario in your mind. Visualize all the details of the image or story, as slowly and carefully as you can. Any time you find your mind drifting to an unrelated thought (a worry about the day or a “must do” for tomorrow), acknowledge it and let it go. Turn your mind’s eye back to your relaxing story. It’s okay if this takes time before it works, each time you practice you will get better at it.

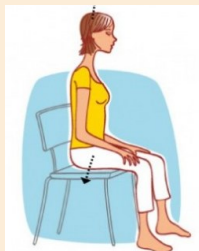


Remember to follow these additional tips if you have difficulty sleeping:

- Turn off electronics and rotate your clock away from you (don't watch the clock or check your phone if you can't sleep). Try not to worry if you can't fall asleep, and remind yourself that your body will eventually take over and help you sleep.
- If you are awake for more than 20 minutes in bed, move to a different part of the house (one without bright lights). Do something relaxing for a while, until you begin to feel tired and come back to bed.

Chair Yoga is here!!!!!!!!!!!!

March 1st and 15th 10-11am



- Ask the front desk for more information!!!!
- Join us in welcoming our new instructor: Ron!



Los Angeles Regional Food Bank

In collaboration with

Valley Interfaith Council's

Bernardi Senior Center

Please note The Food Bank is **now** accepting **new applicants** We are able to serve clients age 60 years and older who would like to participate in the Commodity Supplemental Food Program. If you are interested in the program you will need proof of income and ID.

Wednesday, March 20, 2019

9:00 to 11:00 a.m.

at the **Bernardi Senior Center**

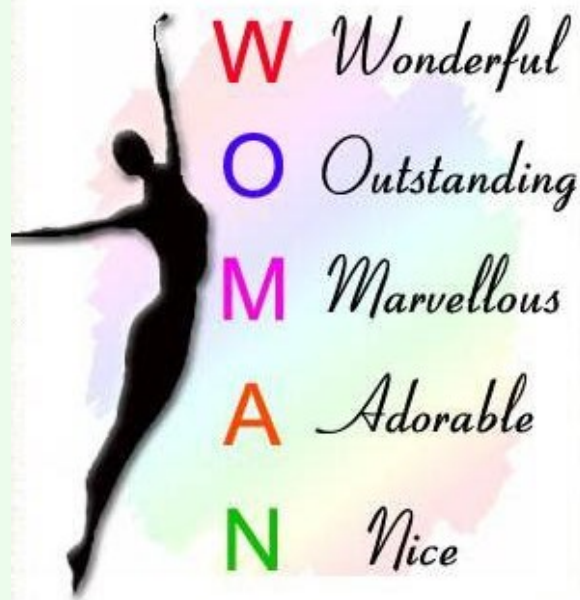
PROGRAM REQUIREMENTS

1. Must be at least 60 years of age.
2. Must bring picture identification with date of birth.
3. Income cannot exceed the following amounts:

1 Person—\$1,316 per month

2 People—\$1,784 per month

NOTICE: Numbers will be distributed beginning Tuesday March 19, 2019. You can authorize in writing some one to pick up your food bag every month, but you need to bring this person with you the first time. **For more information, call (818) 781-1101.** The Food Bank occurs on the 3rd Wednesday of each month.



See Page 11

For your invitation to
International Women's Day!!

Happy birthday to all the seniors attending Bernardi.
From all of us here, we wish you a wonderful birthday!





DINING ROOM MENU FOR MARCH 2019

Bernardi Multipurpose Senior Center

Dining Center



MONDAY	TUESDAY	WEDNESDAY		FRIDAY
		<p><u>LUNCH IS</u> <u>SERVED AT</u> <u>11:30 A.M.</u> BINGO IS PLAYED</p>	<p>CELIA DE LA CRUZ <i>Dining Coordinator</i> SUGGESTED</p>	<p>1) TURKEY A LA KING PARSLEY NOODLES BROCCOLI MIXED GREEN SALAD PINEAPPLE & MANGO</p>
<p>4) ORANGE JUICE CHICKEN ADOBO BROWN RICE SQUASH OR SWEET</p>	<p>5) MUSHROOM SOUP TURKEY & CURRY VEGETABLES WHOLE GRAIN ROLL</p>	<p>6) MUSHROOM QUICHE WHOLE GRAIN ROLL HERBED CARROTS MESCLUN SALAD W/</p>	<p>7) ORANGE JUICE LASAGNA W/ GROUND BEEF BRUSSELS SPROUTS</p>	<p>8) TORTILLA SOUP BAKED OR BREADED FISH VEGETABLE RICE PILAF WHIPPED CAULIFLOWER</p>
<p>11) LENTIL SOUP TURKEY BOLOGNESE W/ PENNE PASTA ZUCCHINI & YELLOW SQUASH</p>	<p>12) MEATLOAF W/ MUSHROOM SAUCE WHOLE GRAIN BREAD SAGE MASHED POTATOES BROCCOLI</p>	<p>13) MINESTRONE SOUP BAKED SALMON W/ DILL SAUCE BROWN RICE PILAF ROASTED CORN</p>	<p>14) OVEN FRIED CHICKEN MACARONI & CHEESE GREEN BEANS COLESLAW BANANA</p>	<p>15) HAPPY ST. PATRICK'S DAY ORANGE JUICE CORNED BEEF RYE BREAD RED POTATOES</p>
<p>18) VEGETABLE SOUP SPINACH QUICHE BARLEY PILAF GREEN BEANS W/ ALMONDS</p>	<p>19) CHICKEN MILANESE LINGUINE W/ MARINARA SAUCE CAULIFLOWER & ZUCCHINI</p>	<p>20) FOOD BANK ORANGE JUICE BAKED ZITI MIXED VEGETABLES The First Day Of Spring</p>	<p>21) ASIAN BEEF PEPPER STEAK BROWN RICE MIXED ASIAN VEGETABLES BEET SALAD W/</p>	<p>22) CORN CHOWDER BAKED FISH WHOLE GRAIN ROLL GREEN BEANS SHREDED CABBAGE</p>
<p>25) TURKEY VEGETABLE STIR FRY JASMINE BROWN RICE CARROT & BELL PEPPER SALAD</p>	<p>26) SPLIT PEA SOUP TUNA SALAD COLD PLATE WHOLE GRAIN ROLL HERBED POTATO SALAD RED & GREEN COLESLAW</p>	<p>27) CHEESE ENCHILADA CASSEROLE GREEN BEANS W/ MUSHROOMS MESCLUN SALAD MIX</p>	<p>28) VEGETABLE SOUP TANDOORI CHICKEN PITA BREAD GINGER CARROTS MIXED SALAD GREENS</p>	<p>29) ORANGE JUICE CHEESE RAVIOLI MIXED VEGETABLE BLEND CAESAR SALAD FRUIT CUP</p>



sudoku



Here is
a Start

	1	3	2				4	9
4	2	6	1	9		7	3	
9					4		6	2
	8	2		1		3		
	6		7		2		9	
		9		3		2	7	
8	9		6					
	3	7		2	5	9	1	4
2	5				3	6	8	

Puzzle 4 Joke of the Month

Q: Why do leprechauns recycle?

A: They like to go green! (joke found in www.imom.com)





To Join VIC, Get information, or make a donation, visit VIC online at

www.vic-la.org

Bernardi Multipurpose Senior Center

6514 Sylmar Ave.

Van Nuys, CA 91401

(818) 781-1101

Planning an event?



Consider renting our Auditorium!

Affordable Rates — Flexible Scheduling

When scheduling, call (818) 781-1101 with dates and times of event



Van Nuys Public Library & The Students of VNHS



will be hosting
Bernardi's computer class
March 8th, 22nd, 27th From 10-11am



March is the National Month of:

- Sleep Awareness
Hand out Article and information sheets
- Red Cross Month
- First Month of Spring
Mardi Gras



We're always seeking volunteers!



Receptionist
The Dining Room
Drivers for VIC's Meals On Wheels
Administrative assistance
Security
Trip planner



Any assistance is appreciated. Please call us at (818) 781-1101 or visit the front desk to talk about available opportunities.

March Swap Meet

Bernardi Multipurpose Senior Center
Cordially invites you to attend our Spring Swap Meet!

Saturday, March 16, 2019

9:00am to 3:00pm

Call:(818) 781-1101 Email: lperez@vic-la.org

6514 Sylmar Avenue Van Nuys, CA 91401

Attendance is free! If you wish to sell at the Swap meet, you are welcome to reserve a spot.

Reservation: \$20 for a spot (1 table included)



There will be:

- Face painting – Pintura de Cara
- Food for Sale – Venta de Comida
- Music - Música
- Variety of Vendors - Variación de Vendedores

Reserve via Walk-in, Call or Email

We are open Monday-Friday. Walk-ins on the day of the Swap Meet are welcome!

Reserve su lugar a través de una llamada, mensaje electrónico O venga, Estamos abiertos lunes-viernes de 8:30am-4:00pm

International Women's Day

To celebrate International Women's Day we will be having our

First Annual Women's Tea!

Throughout history there have been so many amazing women and
YOU are one of them.

March 8, 2019

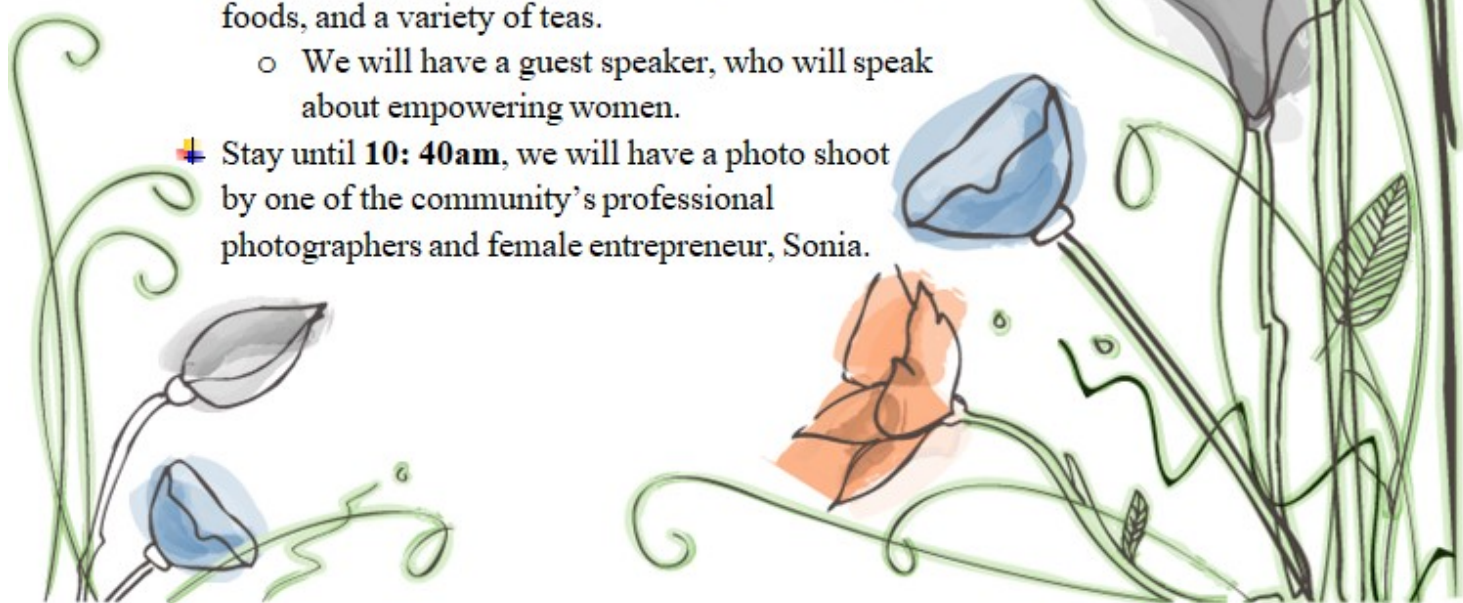
9-11:30am

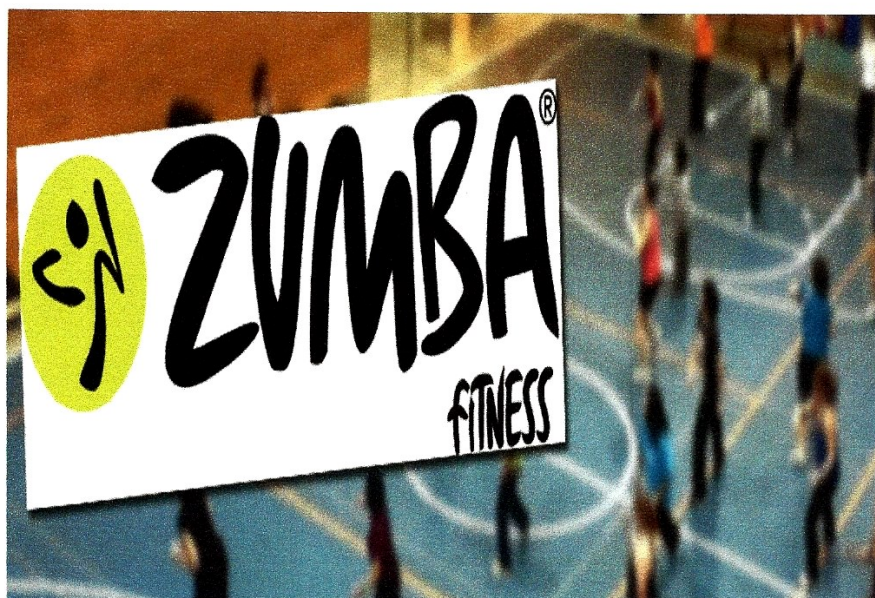
We would like to show our appreciation to all the women of the
Bernardi Multipurpose Senior Center. This celebration is for you!

This event will show case the women in our community that are making a
difference through their artwork, activism, and leadership.

Women are amazing and in this world predominantly run by men, we
need to learn to stick together and empower each other. You are never
alone because as women we understand each other's hardships. No
matter your culture, community, or social status, we are all women of
Bernardi!

- ✚ Wear your nicest dress or anything else you prefer.
 - **9-10 am**, we will have a hair stylist and makeup
artist to help you look as beautiful as you feel.
- ✚ At **10am** the event will start with light music, finger
foods, and a variety of teas.
 - We will have a guest speaker, who will speak
about empowering women.
- ✚ Stay until **10:40am**, we will have a photo shoot
by one of the community's professional
photographers and female entrepreneur, Sonia.





**March 14&
March 28**

From 10-11am

**ZUMBA
FITNESS CLASS**

**Instructor:
Joanne Fajardo
MindBody Dance Coach
Zumba Credentials- ZIN#1228712**

Get started living a healthier life, having fun and
exercising with friends.

**Every 2nd and 4th
Thursday of Every
Month**

**Our Guest
Instructor is a
Certified Dance
Coach**

**It is only a 1-hour
class!**

**Water is Always
provided!**

**Located in the
Library**

**BERNARDI SENIOR
CENTER**

6514 Sylmar Ave. Van Nuys,
CA 91401

(818)781-1101

Open Mon-Fri 8:30am-4pm

Wii™

Wii Bowling League

Join us every **Monday** From
10-11:30am

In the **library** for **Bowling**
No skills needed!!!



¡Únase a nosotros todos los
lunes de **10-11:30** en la
biblioteca para jugar **boliche**

¡**Sin conocimientos**
necesarios!!!!!!





J. Paul Getty Museum

Join us as we tour this world famous museum. Current exhibitions include:

Únete a nuestro grupo mientras recorremos este museo mundialmente famoso. Las exposiciones actuales incluyen:

~ Renaissance Drawing

~ 18th Century Portraits

~ Calligraphy in Manuscripts


~ So much more!!

Monday, March 18, 2019 from 9am-1pm

Suggested donation: \$6.00.

Lunch will be provided. You must pay ahead of time in order to assure a spot on the trip.

Almuerzo incluido. Tiene que pagar antes de tiempo para asegurarse que va ir al museo.

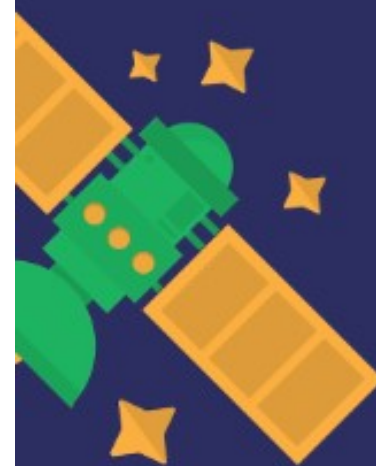


*Let's discover and learn
together!*

CALIFORNIA SCIENCE MUSEUM

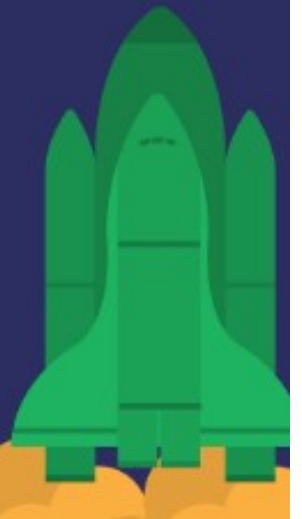
Having fun with
science!

Divirtiendose con la
ciencia!



Monday, March 25th
9 am - 1 pm
Lunch will be provided.

Suggested Donation: \$6.00



Bernardi Multipurpose Senior Center

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Van Nuys, CA 91401