

Peninsula Seniors Lecture Series

Hesse Park—Fireside Room
29301 Hawthorne Blvd.
Rancho Palos Verdes
Wednesdays - 10:30 to 11:30 AM

March 3 -- With thousands of drug products available today, from prescription drugs to over-the-counter medications, aging Americans are using more drugs than ever before. The key question is how these substances impact our bodies as we age.

Each year, thousands of older adults seek emergency treatment for drug-related mishaps. Our one-hour presentation will focus on older adults and baby boomers emphasizing healthy lifestyles and the wise, safe and appropriate use of drugs and over-the-counter meds. We will also discuss effective techniques to improve communication with doctors and pharmacists.

March 10 -- Who isn't interested in POLITICS? Especially today. Mr. Jim Kinney, retired long time teacher and administrator in PVPUSD will share his extensive collection of political memorabilia and his insights into past events that helped to shape the state and the nation. Political cartoons, those sharpest of needles, will be featured.

March 17 -- Mr. Jon Cartwright, president of the RPV Council of Homeowners, will be featured and will bring us up to date on the activities of the various RPV homeowner organizations and their varied goals and objectives. The Council of Homeowners is the umbrella group for the thirty four different homeowner groups in RPV and even if you don't live in one of those 34 areas, the Council's actions and activities affect us all.

March 24 -- Where do you come from and who are your people?

Many of you may remember the Alex Haley movie called "ROOTS" and the general interest in genealogy that it developed. A TV program series titled "Who Do You Think You Are" is expected to be shown in the near future and our speaker today is a member of the South Bay Cities Genealogical Society, Ms. Connie Moretti. Our program introduces us to the techniques and new ways to search for the history of our ancestors.

March 31 -- The horrible disaster that befell Haiti is just another example to us that we must all be prepared for natural disasters that strike without warning. Today, Edith Steiglitz of the Torrance Community Focal Point of Aging will return with their program on Earthquake Preparedness. As time passes,

the probability of the "Big One" hitting us gets that much higher so we must do all we can to be prepared. Mrs. Steiglitz will touch on the things we must anticipate and preparations to look after ourselves as best we can.

PROJECT LINUS, HARBOR-UCLA NEWBORNS

We need donations of blankets and layette items for the above organizations. Blankets can be knitted, crocheted, or made of material such as fleece or cotton. We also need blankets, body suits, booties, and hats for infants. Some contributors buy items on sale and donate them. Project Linus blankets should be at least 36 inches square or 32 x 40. Hospitals give them to seriously-ill children up to age 18.

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