

# Look what's happening this month at the OASIS Senior Center!

## **Working Wardrobes Clothing & Accessories Drive**

**September 1-October 31**

Donate your gently used clothing and accessories for the working professional this fall at OASIS. We need all sizes of men's and women's apparel. Items must be in good condition (no holes, tears, broken zippers, stains, etc.), CLEAN and on a hanger. We will also accept accessories, handbags, briefcases, jewelry, shoes, belts and scarves.

## **September is National Preparedness Month - Disaster Preparation Presentation**

**Wednesday, September 12, 11am, Room 4**

Presented by: Katie Eing, Emergency Services Coordinator, City of Newport Beach

Are you prepared for a disaster situation? Do you know what is important to have on hand and what is not? Come and find out!

RSVP 949-644-3244

## **Community Screening and Discussion on End of Life Care**

**Tuesday, September 18, 6pm, Event Center**

Join us for a special screening of a Netflix Original Film *End Game*, a short documentary film directed by Academy Award winners Jeffrey Friedman and Rob Epstein and was recently reviewed in the New York Times:

*"A provocative and intimate look at how doctors, nurses and patients at two San Francisco Bay Area hospitals cope with death. Frank without ever becoming too gloomy, End Game urges viewers to think about our last days on Earth not as a heartbreaking tragedy but as an opportunity for true closure."*

Gather with community members and clinical professionals as we discuss the topic of end of life care.

Refreshments will be served.

RSVP 949-644-3244

## **Walk with a Staff Member**

**Tuesday, September 18, 9am, Meet in the OASIS Courtyard**

Get some exercise while chatting with a staff member! Join us while we take a brisk 2.5 mile walk through the beautiful streets of Corona del Mar, ending with a coffee or juice stop. Meet up with some friends while getting to know an OASIS staff member. No RSVP required. Please wear comfortable clothes and walking sneakers. Leashed dogs welcomed.

## **Medication Review with OC Health Care Agency Pharmacist Bill Liu**

**Tuesday, September 25 by appointment only - call 949-644-3244**

Are you taking prescription medicines, buying Over-The-Counter medicines, vitamins and/or nutritional supplements? Do you wonder if you are taking them correctly? Do you have questions such as: "What time of the day is best to take them?" "With food or without?" Make an appointment to meet with the County of Orange-Health Care Agency-Public Health Nurse and with the Pharmacist and they will assess your medication regimen for efficacy, appropriateness, alert you to side effects and identify any potential drug interactions.

## **Save the Date!**

**Saturday, Oct 20-OASIS Health and Resources Fair, 9am-12pm**

**Wednesday, Oct 24-Flu Shot Clinic, 9-11am**



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