



# OASIS SENIOR CENTER

is here to Support our  
Newport Beach Seniors









**NEWPORTBEACHCA.GOV/OASIS**

Monday–Friday ▪ 8 a.m.–5 p.m. ▪ Call us for assistance at 949-644-3244.

## MONTHLY HIGHLIGHTS: JULY 2020

### CENTER INFORMATION

- OASIS remains closed until further notice. Continue to visit our website for the most up-to-date information: [www.newportbeachca.gov/oasis](http://www.newportbeachca.gov/oasis)
- Stay up-to-date on the City's response to the Covid19 outbreak by visiting the City's website: [newportbeachca.gov/covid19](http://newportbeachca.gov/covid19)  
OASIS staff and Friends of OASIS staff are available to help you over the phone with assistance for virtual classes, medical equipment loans, Sharps containers, Meals on Wheels, etc. Call us Monday thru Friday, from 8 a.m.- 5 p.m.  
OASIS Admin, (949) 644-3244 and Friends of OASIS (949) 718-1800
- For virtual classes, click under Classes tab
- For at-home fitness routines, look on Fitness Center tab and follow our Weekly Workout Challenges

### SUPPORT SERVICES

If you are a Newport Beach senior in need of these services, please call our office for assistance

- Meals/Shopping
- Transportation
- Friendly phone calls
- Information and referrals about anything
- HICAP: OASIS is back to helping our seniors with Medicare Insurance issues, free of charge, with our unbiased HICAP counselor. Call for an appointment.
- Legal Assistance: Estate planning/Elder law attorneys available to give a free 30 minute consultation via telephone on an as needed basis




## MEN'S SHARING CIRCLE

**Wednesdays**  
**July 15 - August 12, 2020**  
**2:00 pm - 3:30 pm via Zoom**

Are you looking for a safe place where you can share the joys and sorrows of your life with other Senior men?

If yes, please join us for a 5 week, virtual Men's Sharing Circle where we will explore how our lives are working for us in the interesting times that we are currently living in.

An ideal participant would be

- A reflective man who is comfortable sharing his thoughts and feelings
- An empathetic listener
- Someone comfortable with joining and participating in Zoom calls as well as reading and sending emails

Limited to 9 participants, including the facilitator.

RSVP required: 949-644-3244 or [oasiscenter@newportbeachca.gov](mailto:oasiscenter@newportbeachca.gov)

Over the last 20 years, facilitator Dick Granoff has created hundreds of safe spaces where participants have felt comfortable sharing their thoughts and feelings on a variety of topics. Feel free to contact him at 949-791-2404, if you have any questions about the Group.



## HELPING YOUR BRAIN & BODY NAVIGATE AROUND STRESS & FEAR DURING THE PANDEMIC

Virtual Presentation by  
**Lyn Truesdell, PsyD**

**FRIDAY, JULY 17, 2020 - 11:00 AM**

**RSVP REQUIRED (949) 644-3244 OR  
[OASISCENTER@NEWPORTBEACHCA.GOV](mailto:OASISCENTER@NEWPORTBEACHCA.GOV)**

The past few months have proven to be a difficult time for many as worry and concern for the future are intensified. Even those who felt well-grounded before the pandemic find themselves tensed at the surreal scene of everyone in masks at the supermarket.

During a time of social interaction being restricted, daily routines needing to be changed, and floods of negative news in the media, it is more important than ever to focus on your mental health.

We'll cover topics such as:

- How anxiety changes your brain and body and how we can lower our level of stress every day
- Why we should watch only 30 minutes of the news each day
- What positive emotions we can nurture to boost feelings of hope as we become adjusted to the world's new normal



Dr. Truesdell is a clinical psychologist with a private practice in Irvine, and works with older adults challenged by anxiety, depression, and grief.

