

## Mastick is Fantastic“k”

### Coming Attractions for February 2011...

#### **Be Stroke Smart**

Join Irene Pakel, R.N., M.P.H., Alameda Hospital's Clinical Education Specialist on **Monday, February 7 and 28**, from 10:30 am to 11:30 am in Room D and learn about the importance of recognizing the signs and symptoms of a stroke, risk factors for developing a stroke and what you can do to decrease your risk. To attend this presentation, sign up in the office or call 747-7510.

#### **Jewelry Making...**

##### **Wearable Art by Rose Designs**

On **Tuesday, February 8**, from 9:30 am to 12:30 pm in the Mastick office, join Rose O'Neill, custom jewelry designer, to make a beaded necklace and pair of earrings with the many new beads and chains available. Clip-on earrings available, as well as a necklace long enough to go over your head without a clasp. Beads and tools will be supplied unless you would like to go "green" and redesign beads already in your possession. Limited to 10 students. Cost is \$20 per person. Sign up in the Mastick Office or call 747-7506.

#### **Health Care Reform and Medicare:**

##### **What it Means for You**

On **Tuesday, February 8**, at 1:00 pm in Room D, a representative from the Health Insurance Counseling Advocacy Program (HICAP) will provide an overview of "Health Care Reform and Medicare: What it Means for You." This presentation will: Explain improvements in prescriptions drug coverage (including the \$250 rebate for 2010); discuss changes to Medicare Advantage Plans; outlines additional areas of Medicare Coverage; give a snapshot of changes outside Medicare; and review the timeline for implementation. To attend this presentation, sign up in the office or call 747-7506.

***"Go out into the world today and love the people you meet. Let your presence light new light in the hearts of people."***

Mother Terea

## Because of You!

#### **Consumer Fraud: Scams Targeting Seniors & Tips for Protection and Prevention**

On **Tuesday, February 15**, at 1:00 pm in Room D, a representative from the Health Insurance Counseling Advocacy Program (HICAP) will provide an overview of "Consumer Fraud: Scams Targeting Seniors & Tips for Protection and Prevention." This presentation will: Explain the different forms of Identity Theft; provide practical tips for recognizing and preventing Identity Theft; discuss other common scams and forms of fraud; provide information on referral sources and where to get help. To attend this presentation, sign up in the office or call 747-7506.

#### **DMV Ombudsman visits Mastick!**

Join Veronica Conley, Senior Driver Ombudsman, on **Tuesday, February 22**, at 1:00 pm in Room D. The primary function of the Ombudsman Program is to represent the interest of public safety for all Californians with a special interest in addressing the concerns of senior drivers. The ombudsmen can assist as a "go-between" to ensure that senior drivers are treated fairly, consistent with laws and regulations, and with the dignity and respect they deserve. To attend this presentation, sign up in the office or call 747-7506.

#### **Mystery of Greek Art**

Birgit Urmson, M.A., lecturer art history, UCB, will present this Cal State East Bay Scholar-Olli lecture that will explore the Mystery of Greek Art: The Laocoon. A sensation ensued in Rome when a larger-than-life marble copy of the work known today as the *Laocoon* was discovered in 1506. Pope Julius II granted lifetime pensions to the discoverers, who had donated it to the Vatican. The story of this remarkable work goes back a thousand years to the original Greek sculptors, Agesander, Athenodorus, and Polydorus, and back farther still to legends of the Trojan War. Ms. Urmson will unfold the story of how myth and artistic inspiration combined to produce a work whose pathos and beauty still touch our hearts. Join us on **Thursday, February 24**, 2:00 p.m. to 3:30 p.m. in Dining Room 2. *Free for OLLI & Mastick Senior Center members/ \$5 for non-members.*