



*Los Angeles County Board of Supervisors
Los Angeles County Commission for Older Adults
Los Angeles County Community and Senior Services
Present:*

Older Americans Recognition Day Awards Program

at

*Kenneth Hahn Hall of Administration
Thursday, May 5, 2016*

Supervisorial District 4

**OLDER
AMERICANS
MONTH**



BLAZE A TRAIL: MAY 2016

Proclamation (Resolution)



“OLDER AMERICANS RECOGNITION MONTH”

May 2016

WHEREAS, for the past fifty years, the month of May has been proclaimed Older Americans Month; and

WHEREAS, the national theme for this year’s program is “Blaze a Trail;” and

WHEREAS, our older residents reinvest their resources in their communities through sharing their wisdom, talents, and time with others; and

WHEREAS, these older volunteers work with our youth, assist with the homeless, support food pantries, visit shut-ins, advocate on behalf of nursing home patients, deliver and serve meals to the elderly, provide transportation to the frail, and work in community hospitals; and

WHEREAS, through these activities and others, our older population continues to demonstrate the commitment to enhancing the quality of life for us all;

NOW, THEREFORE, BE IT RESOLVED by the Board of Supervisors of the County of Los Angeles that the month of May is declared Older Americans Month, Thursday, May 5, 2016, Thursday May 12, 2016, and Wednesday, May 25, 2016, are designated Older Americans Recognition Days and all residents are urged to participate in appropriate ceremonies honoring these men and women.

**ADOPTED BY THE BOARD OF SUPERVISORS
OF THE
COUNTY OF LOS ANGELES
STATE OF CALIFORNIA**



May 5, 2016

Dear Distinguished Honorees:

On behalf of the Los Angeles County Commission for Older Adults, I would like to welcome you and your guests to this prestigious event. This is our opportunity to thank you and to give you the recognition you deserve for the countless contributions you have made to help our older adults and our communities.

As I think about this year's Older American Month's theme, "Blaze a Trail," I am reminded of the important work each of you did to lead the way and clear the path for others. With the majority of baby boomers reaching the age of 70 in a few years, we will all need to continue to blaze new trails and lead by example to ensure that older adult needs are addressed.

On behalf of my fellow Commissioners, I congratulate you and wish you many more years of productivity, good health, and happiness. Today is your day, so let us honor you today for all of your contributions.

Warmest Regards,

Linda Yamauchi

Linda Yamauchi
President
Los Angeles County Commission for Older Adults





May 5, 2016

Dear Distinguished Honorees:

On behalf of Los Angeles County Community and Senior Services, I would like to thank you and pay special tribute to all of your contributions to our communities throughout Los Angeles County. It is truly a blessing to celebrate the 51st Annual **Older Americans Recognition Day Awards** with you.

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color, which brings us to this year's theme: **Blaze a Trail**. It is to focus on how older adults are advocating for themselves, their peers, and their communities. Did you know that 1 in 4 older Americans make a positive impact through volunteering? Volunteering can also lead to improved physical and mental health. Older volunteers report greater life satisfaction than non-volunteers. Lastly, research suggests that those who volunteer are more likely to live longer.

While Community and Senior Services provides services and programs that "Saves Lives" to older adults in Los Angeles County year-round, Older Americans Month offers an opportunity to emphasize how older adults are engaging with and making a difference in their own communities.

On behalf of Los Angeles County Community and Senior Services, I applaud and commend you for your dedication to your communities.

Gratefully yours,

Cynthia D. Banks

Director
Los Angeles County Community and Senior Services





*The 51st Annual
Older Americans Recognition Day
Awards Program*

Thursday, May 05, 2016
11:30 a.m.

INTRODUCTION

Commissioner Gloria Duran

WELCOME

President Linda Yamauchi

INVOCATION

Commissioner Ralph Flores

PLEDGE OF ALLEGIANCE

Los Angeles County Commission for Older Adults

PRESENTATION OF COLORS

Los Angeles County Fire Department Honor Guard

GREETINGS

Cynthia D. Banks, Director
Community and Senior Services

OLDER AMERICANS MONTH PROCLAMATION

Don Knabe
4th Supervisorial District

PRESENTATION OF AWARDS

CLOSING REMARKS

Commissioner Gloria Duran
Los Angeles County Commission for Older Adults



**OLDER
AMERICANS
MONTH**



BLAZE A TRAIL: MAY 2016

FOURTH SUPERVISORIAL DISTRICT



Honorable Don Knabe
Supervisor

Nick Ippolito
Assistant Chief of Staff

District 4 Commissioners

Gloria Duran	Ralph Flores
Jerry Gaines	Irene Griffith
William Ha	Julia Rosenberg
Patricia Stanyo	Candace Yee



Gilbert V. Aguirre—from the City of Santa Fe Springs—is a longtime volunteer of Santa Fe Springs. Mr. Aguirre began his volunteer service 20 years ago as a member of the Senior Citizens Advisory Committee. Currently, as a member of the committee, he shares resources with seniors and has encouraged other older adults to get involved in civic engagement. Mr. Aguirre volunteers at many City events and is known for always lending a hand with no hesitation. Additionally, Mr. Aguirre serves in the City's Family and Human Services and Historical Committees. He is instrumental in various projects, notably the development of the City's History Book and his support in the Holiday Gift Basket programs. Every year for the last 10 years, Mr. Aguirre sorts hundreds of cans for the food baskets, packs baskets with food items, organizes and wraps toys for children, and hands out food baskets and toys for children on the day of event. The City recognizes his energy and commitment to service and is honored to nominate him for the award.



Dale Allen—from the City of Rolling Hills Estates—a resident of Rolling Hills Estates since 1965, served the City as an Equestrian Committee member for many years and as a Park and Activities Commissioner since 2003. He was active in subcommittees for City events throughout the year including the Annual City Celebration and he regularly provides horses and leads the Mayor's Breakfast Ride.

Horse trail safety is of particular interest to Mr. Allen. He coordinated with Eagle Scouts on three projects to implement placing signs identifying trails. He is a devoted City volunteer assisting in the development of the Chandler Ranch Development Project Agreement, a significant housing project currently in development, and serving in the Equestrian Center Design Ad Hoc Committee, resulting in a new, environmentally-conscious ban that was supported by grant funds through the County. The City of Rolling Hills Estates nominates Dale Allen for the 2016 Older Americans Award Program.



Maria Amaya—from the City of Whittier—taught an aerobics class at a minimum twice a week for the last 12 years. Participants are mainly women and girls from the surrounding community who see this as more than an exercise class. Ms. Amaya and her peer volunteer instructor built a supporting environment where the women feel welcomed, encouraged, and supported in improving both their physical and mental health. When you interact with Ms. Amaya, she is always warm and welcoming. Ms. Amaya stated that she loves to help people and if she could do more she would. She continued to state that she has volunteered doing this work for so long because it makes her happy to see the women in the class happy. Los Nietos Community and Senior Center is proud to nominate Maria Amaya as the Older American's Recognition Day nominee.



Norma Astengo—from the City of Cerritos—is a valuable asset to the Cerritos Station. She lived in the City of Cerritos for 45 years and was a Volunteer on Patrol for almost eight years. She is devoted to her community and station and worked various assignments including patrolling the neighborhoods and retail centers to keep our community and its visitors safe, car wash detail, decoy deployment, and retrieval, and working special events. Mrs. Astengo is also part of the station's call-out team and has on numerous occasions, at moment's notice, reported to assist with traffic issues, perimeter control, and sitting with children waiting to be picked up by the Department of Child Services. She is always looking to enhance the program with innovative ideas and procedure, and in the words of a fellow VOP, knows the streets of the City better than any GPS. Mrs. Astengo is a valuable asset to Cerritos Station. She loves her community. She respects and supports her fellow volunteers and station personnel, and in return receives their admiration and endorsement.



Lloyd Brown—from the City of Torrance—is an 85 year old army veteran and a longtime volunteer in the City of

Torrance. Over the past years, he volunteered at Torrance Memorial Medical Center in the Hospice and Bereavement Programs. He is diligent in keeping current with his responsibilities as a volunteer, which includes annual testing and tuberculosis testing. Lloyd takes great pride in his work placing calls to Hospice families through the Tuck-In Program and bereavement calls through our Bereavement Program. He became skilled in computer software used by the agency that helps support both Hospice and Bereavement Programs. Lloyd has the ability to reach out to families, offering a gentle ear and compassion. Many of the families share their appreciation of his weekly and monthly phone calls. Lloyd says, "I am still doing volunteering at Hospice. I average over 100 hours a month, and I love it".



Winifred W. Carter—from the City of Long Beach—is currently serving as a member of the Senior Citizen Advisory Commission for the City of Long Beach Department of Parks, Recreation and Marine. In addition, Ms. Carter serves as a member of the Senior Advisory group that supports Senior Citizen programs conducted at Houghton Park where Ms. Carter is an active participant for over 20 years. Ms. Carter will soon celebrate her 97th birthday with a fundraising dinner to raise funds for important senior citizen programs in Long Beach. She is an extremely kind and generous person. Ms. Carter is a dedicated volunteer and attends many meetings in order to advocate for and represent senior citizens in our community. She is a true asset and inspiration to our organization.



Diana Cheung—from the City of Diamond Bar—is being recognized for her consistent efforts in volunteer services to the senior members of Diamond Age Senior Club for the past 10 years. Diana currently serves as Vice President and Board of Director of the club. The club has over 150 members and Diana has dedicated at least three days per week of her time to organize various weekly activities, socials, holiday gatherings, musical performances, cooking, and health and wellness classes for the local senior members to participate and

enjoy. Diana is always spirited, friendly, and she is well loved by her fellow peers and club members. Throughout the years, Diana has provided leadership and dedication in helping many older local residents become happier senior citizens of our community. We appreciate Diana's dedication to this community and wish to recognize her outstanding contributions.



Lucy Crabb—from the City of La Mirada—has provided outstanding volunteerism in our community for the past 13 years. She is an active usher with the La Mirada Theatre for the Performing Arts and a member of the Friends of the Theatre since October 2002. For many years, Ms. Crabb represented the Friends of the Theatre as a Welcoming Committee member and continues to serve as a member for several other committees. Although most of her service hours are with Theatre and Friends Usher Membership, she always allows time in her busy schedule to assist with other community needs. She regularly volunteered as a pollworker for the City and County elections, assisted with our City's Annual Disaster Drill, represented the theatre at many community events, and assisted with the H1N1 Flu Clinic. Ms. Crabb is a great asset to the community and is deserving of being honored during the 2016 Older Americans Recognition Day Awards Program. She always has a smile on her face, is extremely dedicated, and is always willing to assist others.



Byron Dillon—from the City of Downey—has been a volunteer with the City of Downey's Keep Downey Beautiful Program for several years. He is very attentive to detail when it comes to the City's upkeep. He converses with City of Downey maintenance departments on a regular basis and helps whenever needed. Mr. Dillon walks every day, cleans graffiti, and picks up trash while he strolls the streets of Downey. He is a pleasure to work with. He consistently shows the community how much he cares about his community, the streets in Downey, and the cleanliness of the City. He is a retired dentist, who practiced in Downey for many years. Mr. Dillon continues to offer his expertise in the field while being actively involved to this day.



Audrey Hodgson—from the City of Manhattan Beach—retired in 1994 and immediately became an active volunteer with the City of Manhattan Beach's Older Adult Program. The older residents of Manhattan Beach have truly been the beneficiaries. Audrey volunteers "behind the scenes" seeing to the details that ensure program success. She volunteers three days a week and more as needed. The Older Adult Program has a lunch program twice a week and Audrey does everything, including: checks reservations, participant check-in, and serves the food. She does the dishes and even takes home the dish towels to wash. Audrey assists with folding, stuffing, and stamping the monthly newsletter mailed to 900 participants. She makes reminder calls for trips and activities, and registers and collects money for the line dancing class. Audrey researches potential trips and is always on the lookout for new programs. Audrey participates in Older Adult Program activities and is encouraging to others. She is extremely welcoming to all.



Richard Jaloma—from the Southeast Area Social Services Funding Authority (SASSFA)—is an 88 year "young senior who is extremely active." Richard volunteers at SASSFA. He is a true trail blazer whose contributions to the agency are priceless. Richard oversees and performs all new Home Delivered Meal assessments and annual reassessments. Richard makes sure we are in compliance with the Home Delivered Meals Program. He is a true professional who takes pride in his work. His support to the program is invaluable. We depend on his knowledge and work ethic in assisting SASSFA to meet our required responsibilities for program compliance. Richard is an absolute joy to work with, fostering great relationships with all of the employees here at SASSFA. Our neighborhood clients look forward to his visits.



Lou Kutil—from the City of El Segundo—is not a person who is looking for accolades, recognition, or service awards. Lou's motives are uncomplicated; he enjoys

helping people in need and he loves giving back to the town where he worked for many years and raised his family. Lou's service goes far and above that of the average person.

Stories of Lou's compassion and noble service should inspire each of us to do more for the communities in which we live. Lou finds the time to volunteer and makes the most of it. He is truly an amazing human being, and a man to be admired for what he has given back to the community. He goes far and above the call to duty when it comes to volunteerism. His integrity, humility, kindness, and spirit is an inspiration to us all.

The City of El Segundo sincerely thanks Lou for his outstanding volunteer work, and his devotion to our community. The recognition is well deserved.



Leo Lawson—from the City of Hawaiian Gardens—at the age 17, Leo decided to join the Navy with his friends. Leo was the only one to actually carry out the plan! This life changing decision instilled in him a life of service to others that he continues to this day. His assignment consisted of being the lead man in charge of evaporators that would transform saltwater into freshwater. His tour of duty took him into Korea twice for the Korean Conflict. Leo is thankful he is able to help others in need and says that it gives him something to do. He is constantly helping others by offering rides, calling bingo where he lives and making upside down pineapple cakes. The list of his generosity is endless. Leo is loved by everyone that knows him and is known as grandpa to the children that come to visit. The City of Hawaiian Gardens nominates Leo Lawson, a remarkable man that always puts others before himself.



B. Allen Lay—from the City of Rolling Hills—is an involved resident of the City of Rolling Hills since 1980, as well as an active member of the Palos Verdes Peninsula community. In March 2015, he retired after serving on the Rolling Hills City Council for over 20 consecutive years. Prior to serving on the City Council, he served for nine years on the Rolling Hills Planning Commission. As a community leader and visionary, Mr.

Lay is instrumental in ensuring the unique characteristics of the City are sustained and maintained. Additionally, for the past 10 years, Mr. Lay was active with the Palos Verdes Art Center in various roles, including Chairman of the Board. He also served as the Treasurer of the Los Angeles Yacht Club and is on the investment committee of the Palos Verdes Land Conservancy. His keen ability to facilitate community relations and build professional relationships represents his legacy and imprint on the community.



Zella LeSieur—from the City of Avalon—began to volunteer 10 years ago with the Meals on Wheels Program. Zella would take meal orders, pass the meal count on to the five restaurants which provide meals to 20-30 seniors, five days a week. Zella accounted for all monies received for the meals, interfacing with the City that is the keeper of funds. Zella coordinated the recruitment of volunteers responsible for delivering meals to homebound seniors and transporting lunches to the senior site. Of course, Zella has and still is delivering meals herself on an as needed basis. Zella solicited for the donation of a golf cart which was purchased with donated funds. Zella also provides home care to seniors through the local hospital program. She also goes to the local school to supervise or give shots to those students with health issues, such as diabetes. She is a member of the Women's Forum whose goals include mentoring young girls on relationships, date rape, and other domestic violence issues. Through the Conservancy, Zella also volunteers to help in special event planning and implementation. In the last two years, Zella also began volunteering for the Wounded Warrior Program which brings two servicemen to Catalina Island for a weekend of relations, hunting, and a barbeque.



Hsiang Yin Lo—from the Diamond Bar Evergreen Club—is a dedicated and devoted volunteer who contributes his time and talents to help seniors at the Diamond Bar Evergreen Club for more than 10 years. He maintains over 1,000 member records and handles all publications to seniors in the club. Mr. Lo has been a

vital part of the Diamond Bar Evergreen Club. He helps seniors behind the scene with his flawless artistic writing and also helps them physically. You can find him in the center setting up tables, chairs, and equipment for classes and special events. You will also see him in the center assisting seniors to move around. Mr. Lo is a humble man and is always willing to serve others. We are proud to nominate him for the OARD Award.



JoAnn McMurray—from the City of Norwalk—currently volunteers at the Norwalk Senior Center front desk and the Annual Angel Tree Project. JoAnn volunteered for over 10 years. She is always available to volunteer whenever called upon. As a front desk volunteer, she greets patrons when they enter the building and has a vast knowledge of resources. She is always helpful and is a great assistant and asset to the senior center staff. JoAnn often goes above what is expected and actively participates in senior center events and volunteer programs. She is active at Calvary Community Church, a unique church for the deaf and hearing impaired.



Robert and Marjorie Medrano—from the City of Long Beach—volunteer for the Karaoke Kafe held every Monday and Thursday at the Long Beach Senior Center. They have been ongoing senior volunteers for many years. Bob and Marjorie set-up everything needed to carry out Karaoke Kafe successfully. They encourage the seniors, even shy seniors, to participate in the yearly special shows. They have created a great program. They are totally awesome in keeping everyone happy and friendly with one another. Because of their fine leadership, the Karaoke Kafe provides a great program and has proven to be great asset at the Long Beach Senior Center.



Naomi Nixon—from the City of Long Beach—has participated at the Long Beach Senior Center for many, many, years as our Tap Dance Instructor. Naomi gathers up all the materials needed to instruct her tap dancing lessons every week throughout the year. She provides

tap dancing acts for the follies events that are held at the Long Beach Senior Center and for the local communities. Naomi is over the age of 80 and is extremely active, energetic, and full of life. She is a sheer joy to have around and she knows her stuff. The students who attend her class never miss a tap dancing session and totally support her in this activity. They enjoy learning and participating in various shows that keeps them physically fit, provides exercise, and promotes self-confidence for the senior participants.



Shirley Oebel—from the City of Whittier—has volunteered for the Uptown Association, serving on the Leadership Planning Committee for the annual Uptown Street Fair. Shirley was very active volunteering for the American Red Cross. She responded to national disasters, such as the California wild fires. Shirley deployed 385 people to work Hurricane Katrina by conducting training classes and getting them prepared to leave in 24 hours. Currently, Shirley serves on two committees for the City of Whittier: The Accessibility Committee and the Senior Advisory Committee. The Accessibility Committee is an advisory body which studies issues such as sidewalks, transportation, and facilities, and recommends access improvements to assist those with disabilities in the community. The Senior Advisory Committee advises staff on the operations of the two senior centers in Whittier. She currently serves as Chair of the Committee. She volunteers for the AARP Tax Aide Foundation at the Parnell Park Senior Center in Whittier and for the City of Whittier Elections. The staff and volunteers at the Whittier Senior Center truly appreciate Shirley's dedication to our older adults and our center. We look forward to working with Shirley for many more years.



Lydia Payano—from the City of Diamond Bar—began volunteering in 2008. In addition to volunteering, Lydia uses her passion for nursing, as well as her 64 years of experience in the nursing field to be a caregiver to seniors in need. We are proud to nominate Lydia for the 2016 Older Americans Recognition Day Award.



Rosemary Quintana—from **LA County Parks & Recreation Adventure Park**—has been volunteering since 2004 at Adventure Park assisting with the Senior Lunch Program. Rain or shine, Rosemary is there with a smile and ready to help. She sets up tables with cloths and center pieces, helps in serving food, and cleans up. She always greets everyone. It is an honor to nominate Rosemary for the 2016 Older Americans Recognition Award.



David Rivera—from **LA County Community and Senior Services, San Pedro Service Center**—is a native of San Pedro, California. He has been an active participant and volunteer at the San Pedro Service Center for over 15 years. He is a member of the Wednesday's Club and President of the Mar Y Sol Friends of the Center group. Since retiring from the Postal Service in 1997, David joined the Homeowners Association and the Neighborhood Council. When asked why he volunteers, he replied, "I want to do good for the community. Helping with outreach will increase awareness and better serve the entire neighborhood." David supports the community by promoting the success of center programs and services to ensure individual needs are met. David is an integral part of the center. He offers his assistance to help make a difference. We are grateful to have David as part of our Older Workers Service delivery team. With his help, the center and the community are at an advantage.



Rocio Salazar—from **the City of Whittier**—has been a dedicated volunteer at Mayberry Park for the past 10 years. She started volunteering in the kitchen for the senior lunch program and then for the parks Community Special Events, such as the annual "Here Comes Santa" event. She would make several pots of champurrado (Mexican hot chocolate) to hand out for free to the children and adults as they waited in line to take pictures with Santa Claus. Rocio has also taken the initiative to go out to local businesses and get donations

for the Senior Center Bingo program. Rocio stated that volunteering has made her life better and that she enjoys volunteering for the senior center because she has made lifelong friends.



Maria Schoenborn—from **the Long Beach Senior Center**—gathers up all the participants for the yearly special events performances held throughout the year. Along with fellow honorees Robert and Marjorie Medrano, Ms. Schoenborn volunteers to have the Karaoke Kafe be held every Monday and Thursday. Because of her continued leadership, the Karaoke Kafe has continued to be a great program and a great asset to the Long Beach Senior Center. It with great honor that the Long Beach Senior Center acknowledges Ms. Schoenborn.



Ann Shaw—from **Peninsula Seniors**—has been the volunteer President of the Board of Directors for most of the past 16 years. Additionally, for the past six years, she brought AARP free tax preparation services to our South Bay community. For the 10 Saturdays before the April 15th Tax Day, Ann can be found at our Peninsula Seniors office checking every return before it is electronically submitted. She has spearheaded the ongoing Capital Campaign for a permanent home for the Peninsula Seniors and has made substantial contributions. Additionally, Ann was the Mayor of Rancho Palos Verdes, and currently serves on the Board of Directors of the Peninsula Village. She has tirelessly given her time and money to make the South Bay community better today and for future generations of seniors! Peninsula seniors is proud to nominate Ann Shaw for her special contributions to our Palos Verdes and South Bay communities.



Melvin Shaw—from **the City of Long Beach**—has been coming to the Recreation Center for many years. From the first day he has been a tremendous helpful hand. Mel is one of the few that everyone here can count on. He is always willing to help out others. Mel participates in all of our programs. He runs the pool and dominoes

monthly tournaments. Mel is always around to encourage others to get more involved in the Senior Programs. Mel being 73 years young (not looking a day over 60) takes up time with the youth. We are grateful to have him as one of our very own.



Virginia Skalbania—from Peninsula Seniors—has been an active member for the last 19 years, and an amazing cheerleader for Peninsula Seniors. Her husband, Frank, was President in the late 1990s and when he passed away, Ginny stepped up with both her TIME and TREASURES. For the past 15 years, she has tirelessly volunteered in a variety of functions. Many years ago, she was on our all-volunteer Board of Directors. Currently, Ginny works two shifts each week as our office receptionist and is the lead trainer for new volunteer office receptionists. She leads the monthly effort to mail out membership renewals and thank-you letters to members for donations. Each month she runs our BINGO activity and our monthly movie. She maintains her annual membership at the highest possible level and made a substantial donation to our Capital Campaign towards the purchase of a Peninsula Seniors building. Ginny is the face of Peninsula Seniors and is committed to improving the lives of seniors in our community.



Edward Smith—from the City of Long Beach—has been volunteering at the Long Beach Senior Center for a few years in the Fitness Room, leading our Stretch and Body Works classes. The Stretch and Flex class focuses on core, strength, and flexibility for the body and the Body Works class focuses on strength, flexibility and weight training. Each class has 45 senior participants. He is very reliable, dependable and dedicated. When he volunteers in the Fitness Room, he makes sure all of the fitness equipment is in good working condition, keeps the area clean, signs up new senior participants, and conducts orientations necessary to exercise in the Fitness Room. He is very knowledgeable about the fitness room rules and operations of all the fitness equipment.



Audrey Stewart—from the City of Long Beach—is the best Senior Adult Volunteer in the City of Long Beach and worthy of recognition. Day after day, she selflessly serves the Martin Luther King Jr. Park community and our Parks, Recreation and Marine family by being a surrogate mother to all of us. Ms. Audrey, as she is affectionately known, has a reputation for sacrificing her own money and time to make community members feel loved and taken care of. She is a wonderful cook too! Originally from New Orleans, Louisiana, she has been known to spoil the kids and adults with her authentic and delectable Shrimp Poe Boy sandwiches. Every summer she makes herself available to help in whatever capacity the community needs. She has volunteered as chaperon for our youth programs, special events, and so much more. The love and leadership that Ms. Audrey offers is priceless. We are lucky to serve alongside Ms. Audrey Stewart!



Dianne Stone—from the City of San Pedro/Avalon—has served as President of the Catalina Island Humane Society many times and is currently Vice President. She has incredible passion for Avalon's pet community. Over the years, Dianne has made numerous trips to varied wild life sanctuaries in order to obtain proper care for our critters. She has transported cats, dogs, birds, and even a pelican to find proper care. Dianne is especially devoted to Avalon youth and has spent many dollars and hours on their various fundraisers and activities. Whenever there is a need for raising funds she constantly donates her time, her staff's time and everything required to serve dinner or lunches to raise these funds. She supports all of these causes while being a very dedicated, compassionate, and devoted caregiver to her husband Dick who is suffering from late stage Alzheimer's.



Neena Strichart—from the City of Signal Hill—has been serving the community since adulthood. In addition to being the publisher of the Signal Tribune Newspaper,

Neena spends countless hours volunteering for several local organizations, such as the Friends of Long Beach Animals, the Long Beach/Bellflower Elks Club, the Susan B. Anthony Chapter of Daughters of the American Revolution, and Fast Friends Greyhound Rescue. Neena volunteers at every special event in the City of Signal Hill including Springfest, the Halloween Carnival, and the Cookies with Santa event. Neena is a timeless advocate not only for the City of Signal Hill, but for the greater Long Beach community.



Carmen Thomas—from the City of Bellflower—has kept busy assisting with the Senior Nutrition Program located at Simms Park. She is immensely faithful with setting up, greeting, serving meals, and cleaning up at the end of the day. Carmen is always ready to help wherever she is needed. She plays a key role in helping the program run smoothly. She has a great rapport with the staff, as well as with the seniors coming in for lunch. Without volunteers like Carmen, it would be difficult to provide this necessary nutrition service. Carmen generously gives her time to help and serve the citizens of Bellflower. She always has a friendly smile to offer. Over the last year and a half, Carmen has served over 600 volunteer hours through the Bellflower Volunteer Center. It is a real joy to know Carmen and be able to work with her. Carmen is an amazing example of what a positive difference one person can make by giving their time and talents to help and serve others. It is a privilege to nominate Ms. Carmen Thomas for the Older Americans Recognition Day Award.



Gwen Travis—from the City of Lakewood—began volunteering for Lakewood Meals on Wheels in 2003. Gwen has been graciously giving her time to Lakewood Meals on Wheels. Gwen has also personally organized a program that gives food and clothing items to numerous organizations, including the City of Lakewood's Project Shepherd. In addition, Gwen began volunteering at Gompers Elementary School in Lakewood reading to kindergarteners and tutoring 1st and 2nd graders. She has also been volunteering at their

library bookstore for over 30 years. Gwen packs food for the homeless at First United Methodist Church in Lakewood as well as volunteers for the Garden Club and Women's Club of Lakewood. She loves quilting, sewing, and gardening. When asked, "What would you like to do if you could do anything?" Gwen answered, "Go to Memorial Hospital and work in the nursery or read to children on the wards." There is no ending to the depth of Gwen Travis' heart! For all of her many dedicated years of volunteering and giving back to her community, we are proud to recognize Gwen Travis as the City of Lakewood's 2016 Older Adult Volunteer of the Year.



Rosalia Villaruel—from the City of Paramount—began volunteering in 1993 at Wirtz Elementary School, Paramount High School, and Paramount High School West to help in her children's classrooms. From there she continued and became part of Asociacion de Voluntarias Ayundando la Necesidades de la Comunidad y Educacion (AVANCE), Padres Eficaces con Entrenamiento Sistemático (PECES) and has been a member of the California Association for Bilingual Education (CABE) for over 8 years. In May 2008, she started attending and volunteering for the City of Paramount's Senior Nutrition Program. As a volunteer, she has been a greeter, tray server, party assistant, and excursion supervisor. When asked why she enjoyed volunteering, she said, "I enjoy giving back to others what God has given me. It is a pleasure to help and put a smile on people's faces." Rosalia enjoys coming to the Paramount Senior Center so much that she volunteers 2-3 days a week. When she is not watching her granddaughter, she makes the time to visit the Paramount Senior Center and provide volunteer help to the program because she enjoys it tremendously.

We offer our gratitude to the following individuals who so generously contributed their time and talent to making this event a success!



Board of Supervisors

Hilda L. Solis, Chairman, First District
Mark Ridley-Thomas, Second District
Sheila Kuehl, Third District
Don Knabe, Fourth District
Michael D. Antonovich, Fifth District

Los Angeles County Commission for Older Adults Executive Board

Linda Yamauchi, President
Olga Sarabia, 1st Vice President
Charles Trevino, 2nd Vice President
Vicente Zapata, Secretary
Charles Mitchell, Fiscal Officer

Community and Senior Services

Cynthia D. Banks, Director
Otto Solórzano, Chief Deputy
Lorenza C. Sánchez, Assistant Director, Aging and Adult Services
Anna Avdalyan, Program Manager, Area Agency on Aging (AAA)
Corneitha Kirk, Human Services Administrator II
Guillermo Medina, Human Services Administrator I
Monique Norman, Staff Assistant I

Community and Senior Service Volunteers

Sonik Ajonian
Kevin Anderson
Nilda Anthony
Jovita Chan
Anna Musaderyan
Barbara Thomas
Benjie Uy

Other County Departments

Los Angeles County Fire Department
Internal Services Department

Others

Paradise Printing Company
Frantone's Pizza and Spaghetti Restaurant
White House Florist

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

Congratulations to all the honorees!

May 5, 2016