



# RED CROSS LINKS

## Southern California Unit

Fall 2018

Tuesday, October 16, 2018

**Greater Long Beach Chapter  
3150 E. 29th Street  
Long Beach CA 90806**

**Please come join us for an entertaining and important meeting!**

**We will be electing board officers and we will be honoring our volunteer partners who made our lives and work so much easier and effective.**

### BRITISH ISLES MEET

**JENNIE BRAUN**

I have always wanted to visit England, where many of our forefathers were born before coming to America. England, birthplace of Shakespeare and The Beatles, is a country in the British Isles bordering Scotland and Wales.



*Stonehenge was one of the many sights Jennie Braun enjoyed during her tour of the British Isles.*

I was lucky to visit all three countries. The capital of England, as you all know, is London, on the river Thames, home of Parliament, Big Ben and the 11th Century Tower of London.

We started our trip from LAX and arrived

in Edinburgh, Scotland. Our tour started in Edinburgh City featuring the Palace of Holyrood House (don't mean Hollywood), the official residence in Scotland of Her Majesty the Queen and once the home of Mary, Queen of Scots, Princess Street and the Royal Mile. We visited the famous Edinburgh Castle, home of the Scottish Crown Jewels. Later, we enjoyed a Scotch

*(continued on page 4)*

### Marcia's Medical Misadventures

*By Marcia Breskin*

*(One of the most common reasons Seniors are taken to the ER and frequently become immobile or require surgery is falling.)*

When I retired 20 years ago, I thought that I would be able to travel for at least the next 30 years. In 2010 I was diagnosed with Parkinson's Disease, albeit a mild case or so the doctor referred to it. The only symptom that I had was micro graphia. My handwriting became very small and very difficult to control, let alone read. To this day, I do not have the trembles that most relate to Parkinson's.

In mid April I took my most damaging fall. My husband had left that morning to drive to Lake Tahoe to join a friend to go on their annual trip fishing and shooting trip. I was getting myself ready for bed. My walker got away from me and I fell on the hard tile bathroom floor on my left side. Fortunately, I had on my Bay Alarm emergency bracelet.

I never lost consciousness, however, I could not get to a sitting position because I had broken the humerus bone in my left shoulder. I wondered what I could do. I was able to move my right arm about half way toward my head, completed the connection with my chin and was able to push the call button to summon the paramedics. Our neighbors across the street came over to let them into the house. They also took in our little dog until the next morning when they delivered him to our regular dog sitter.

I am a strong believer in the safety call systems,

*(continued on page 2)*

*Marcia....(continued from page 1)*

And I heartily recommend them **BEFORE** you have a fall and have to rely on them. They could save your life.

That was the first of my falls (now they number three) and am currently staying temporarily in a board and care home just a few blocks from my home. It is a very nice facility, and the proximity to home makes it possible for my husband to visit daily.

Unfortunately, my dreams of extensive travel are probably now just wishful thinking, however, I did get to travel a lot before this “misadventure” and I have many wonderful memories of some pretty exotic places; an African photo safari to Zimbabwe and Botswana, three trips to New Zealand for fishing, Italy three times, Great Britain, Sweden, Panama Canal, Netherlands and Belgium, France, Chile and Argentina for fly fishing and most of the United States, and Western Canada.

I offer two recommendations to anyone who is still living the good life of health during their retirement: (1) as soon as possible after receiving a diagnosis that a could interrupt your dreams for retirement learn as much as you can about the programs and medications that are available today, (2) sign up for the life alert equipment that is available **Today** and learn how to use it so that you can get help from paramedics as soon as possible after an accident.



## ROGER KEITH'S GRANDSON

### RISING WATER POLO STAR AT 15

Roger Keith's grandson NICO TIERNEY was selected by United States Water Polo to play on the Pan American Youth 19U team that played against 11 other teams from the Americas' North, Central and South continents. They finished in the top three and qualified for next year's FINA World Championships.. That competition was held in July in Clearwater, Fl. He was the youngest starting player at 15 years old.

Next he was selected to play on the USA team that played in the 4th FINA World Men's Youth Water Polo Champions, played in August in Szombathely, Hungary. They placed 9th out of 20 teams. Roger and his wife Debbie had planned to accompany their grandson to Hungary, but Roger had a fall in late July that led to a replacement of his left shoulder. He is currently in physical therapy to gain his full rotation in the left arm

Nico currently attends Harvard Westlake school where he is a junior.

*Roger's grandson, Nico Tierney, at a water polo game.*



**My thanks to Marcia for writing this article. I have had three serious falls myself. During one fall, I hit my head hard on the floor. The second resulted in 11 stitches in a leg gash. The most recent caused my skin to be scraped from a large area of my arm.**

**I urge you to call one of the many companies that provide the call button service, especially if you live alone. Be sure to get one that recognizes that you have fallen. Barbara Wilks, Editor**

*Marcia Breskin, her husband Paul and their dog, Kirby.*

## Member's Family Named in Pioneer Families Display

Peggy Brutsche's family history has become part of the "pioneer families" display in Lee Vining, in the new solar pavilion that was constructed in Hess Park next to the Historical Society Museum.

The museum was formerly a one room schoolhouse that Peggy's father attended when his family lived in the area from 1921 to 1940. Peggy's grandfather worked at several electric power plants in the area as an operator and later as a supervisor. Her Dad, in August, was one of the speakers at the annual Ghosts of the Sagebrush Tour held by the Mono Basin Historical Society,

Talking about his memories of the family's days there, living in relative isolation at the power plants' family housing, and going to the one-room school with local ranchers' children, as well as children of the Paiute Native Americans in the area.

If you go to/from Yosemite via Tioga Pass, stop in Lee Vining, at the park, and take a look at the museum and solar pavilion. Peggy's family's story is on the Stewart family panel. There are several other pioneer family stories with lots of neat old photos, in the pavilion. If you are interested in California history, look up the annual Ghosts of the Sagebrush Tour on the Mono Basin Historical Society webpage. The 2019 event will be on August 23 and 24.



*From left are: Peggy's daughter Gina Coleman, Peggy's father James Stewart (98.6 years old), Peggy's brother Jim*

### Retirement is Absolutely Awesome!

*By Elizabeth (Jane) Briese*

I continue to enjoy being one of the senior actors on the YouTube series: Elders React.

Poetry & Storytelling also plays a big part in my life. So as a regular member of NoHo UNBUCKLED, POETRY meets that need.

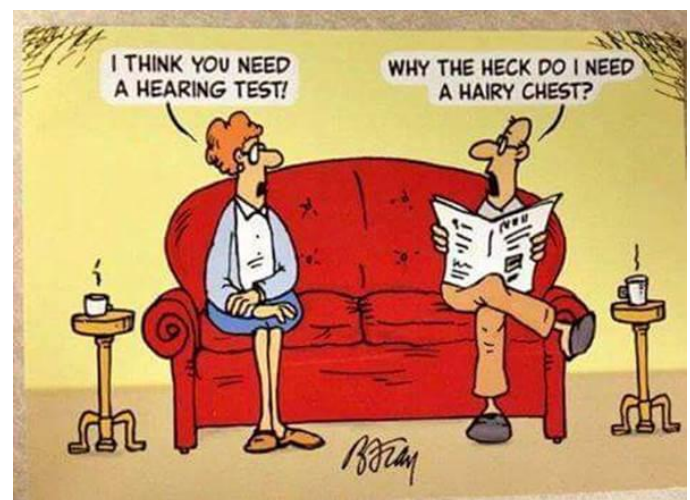
Last month I was contacted by the Nolwen Cifuentes Studio to be a Portrait Model for an art show for 2019. This experience was wonderful and a great way to add to my profile for LA CASTING and personal resume.

I am now a part of the Friends of the Woodland Hills Library Board which supports the library through book faires and other activities. Plus my participation includes me as a volunteer Storyteller on an "as needed basis."

Come Fall I will begin extensive training with Bill Chott's: The Improv Trick Performing Group in Sherman Oaks. After training I along with other students will perform at the Whitefire Theater in Sherman Oaks monthly.

## Wingers Riieeeide!

Joan and Richard Winger just returned from a three week vacation to the National Parks in the Pacific Northwest which included Mt. St Helens, Olympic, Mt. Rainier, North Cascades, and the Great Basin. They rode their bikes on the Trail de Coeur d'Alene. They also rode the Hiawatha rails to trail which starts out with a 1.7 mile long tunnel and descends 15 miles downhill through 10 more tunnels and over 9 trestles. The Wingers are going to France in October and will, unfortunately, miss the luncheon.



## Al Panico—Retired , But Not Really!

When I retired from Red Cross, people told me that I wasn't retiring, but moving over to volunteer status. They were right! I recently took another international mission as Country Representative for the AmRC Office in Hanoi, Vietnam.

AmRC has been supporting the Vietnam Red Cross for 20 years with a small office of National Staff and a delegate, managing contributions from individuals, foundations and US Government grants. Some of our program support to VNRC has been in the areas of HIV/AIDS Awareness, Climate Change Adaptation, Blood donor recruitment, and more. Currently we are supporting a multi-million dollar project (funded by USAID) in Community Based Disaster Preparedness Management and another grant from a private Foundation assisting VNRC upgrade their finance, logistics, and HR management systems. Vietnam is a beautiful country, a traveler's paradise.

If you are interested in volunteering for International Services at home or abroad, there are jobs out there. I committed to 6 to 8 months this time!



*Al Panico discusses plans for Red Cross programs in Hanoi, Vietnam.*

**Jennie....**(continued from page 1)

### Whiskey Tour & Tasting.

The following day, we visited York, which was founded in AD 71, rich in Roman, Saxon and Viking history. We strolled through Shambles, a medieval street that appears today almost as it did through the Middle Ages. While there, we visited the York Minster, one of finest medieval cathedrals in all of Europe. We next traveled to Stratford-Upon-Avon, and visited Anne Hathaway's Cottage and Shakespeare's birthplace, possibly the most famous and visited literary landmark in Britain.

Then we travelled, to Cardiff, capital city of Wales. touring the National Museum and Gallery, Millenium Stadium Bay and Cardiff Bay (beautiful).

Onto Bristol, Stonehenge and London. Stonehenge is amazing, the most studied and megalithic structure in the world, yet its original purpose remains unclear.

We finally arrived in London, capital of the United Kingdom. Our tour included famous landmarks such as Kensington Palace, the Tower of London, Nelson's Column in Trafalgar Square, the Houses of Parliament and Big Ben, Westminster Abbey and the Changing of the Guard at Buckingham Palace. I missed the Changing of the Guard, though I did see Buckingham Palace from the outside.

I chose to take a separate trip to Windsor Palace. It is unbelievable how large it is. We toured some of the rooms and were told the Castle has more than 1,000 rooms. I am not that curious and my endurance was being tested. Each room was grand and the walls were covered with paintings of people and places that were elegant. We did visit the Chapel where Harry and Megan were married. They still had some of the flowers from the wedding. On the day that I visited Windsor Palace, the Queen was at Buckingham Palace. They have a flag on both palaces that shows when the Queen is at that palace.

By the way, most of my trips during the last 10 years have been through Wise and Healthy Aging in Santa Monica. They work to get better fares and the service we get make these trips most enjoyable.

## Suggested Things You Can Write for the Newsletter

WHAT YOU'VE BEEN DOING

YOUR FAMILY

YOUR VACATIONS

CLASSES YOU HAVE OR ARE TAKING

MISCELLANEOUS STUFF

VISITS YOU'VE HAD WITH OTHER RETIREES